



The Picky Eating Solution: Work with Your Child's Unique Eating Type to Beat Mealtime Struggles Forever

Deborah Kennedy

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For the past 20 years, pediatricians, nutritionists, and dieticians have advised parents to provide children with healthy food and regular meal times, but to let the child decide what and how much to eat. However, research and clinical practice is proving that approach is dangerously faulty and sets children up for substandard nutrition in the short-term and dysfunctional eating patterns--and illness--in the long-term. With *The Picky Eating Solution* you'll:

- Quickly and easily identify your child's eating personality and learn how it impacts their interaction with food.
- Gain new strategies for dealing with picky eaters based on new research and clinical practice.
- Learn rules and approaches for resolving picky eating issues and ensure your kids are healthy and getting proper nutrition.

The Picky Eating Solution brings a new approach to resolving meal-time struggles with your child. Take back control by implementing Dr. Deb's easy strategies. Gain valuable insight and advice on how to deal with different picky eating personalities and get your child back to eating nutritious food on a consistent basis.

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