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Full Mouse, Empty Mouse: A Tale of Food and Feelings

1 Review

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★★★★★ A note to parents and discussion questions round out this "must-have" for children's reading lists, December 3, 2007

By [Midwest Book Review](#) (Oregon, WI USA) - [See all my reviews](#)

This review is from: [Full Mouse, Empty Mouse: A Tale of Food and Feelings \(Hardcover\)](#)

Written by Dina Zeckhausen, an expert in the field of eating disorders prevention, Full Mouse Empty Mouse: A Tale of Food and Feelings is a rhyming children's picturebook with an important underlying message about the importance of drawing the distinction between emotional craving for food and true hunger. Chapters teach young people how to separate "food" messages from "feelings" messages and respond properly to each. A note to parents and discussion questions round out this "must-have" for children's reading lists and library collections, especially in today's era with its unfortunately high rate of child obesity. "With Tummy and Heart they stay in touch. / They eat enough, but not too much. / They talk about the way they feel, / And now they love their family meal!"

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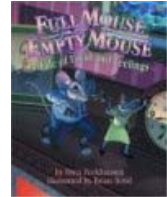
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★★★★★ (1)

\$8.95

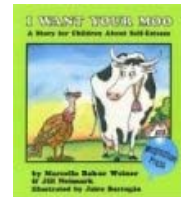
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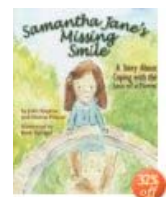
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