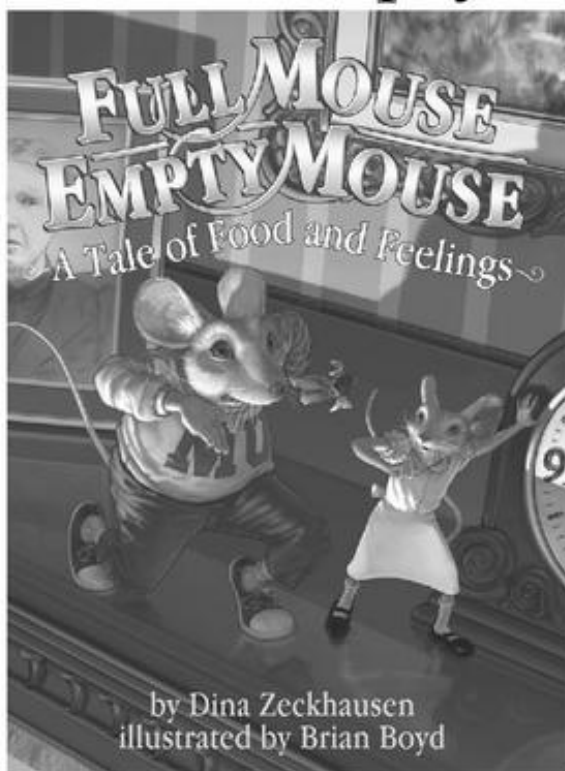


Childhood wellness: Book review

'Full Mouse, Empty Mouse'

Full Mouse, Empty Mouse is a story that addresses the complex problem of eating disorders in a language that young children (ages 7-12) can understand. It is a beautifully illustrated book telling the story of two mice who use food in an effort to cope with the stress in their lives. "Mouse stress" involves an ever-present cat, mouse traps, a dog and a rat who chase the small mice. The boy mouse, Billy Blue, overeats for comfort and solace. His sister, Sally Rose, undereats in an attempt

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to reduce her size in order to be safe. While Billy is teased for being fat, his sister is admired for her tiny body. Their parents, though well intentioned, are distracted by work and compulsive cleaning. Their wise aunt teaches the children to listen to their bodies, tune in to their feelings and get their needs met in more effective ways.

Artist and graphic designer Brian Boyd has captured the adventures of this mouse family in lush, vivid illustrations. The rich colors and humorous details will capture the imagination of children and adults alike. This book will serve as a catalyst for important adult-child discussions about body size and weightism, the value of sharing feelings with concerned adults and the problems that arise when people use food to cope with life.

"Full Mouse, Empty Mouse," was released by Magination Press, the children's book company affiliated with the American Psychological Association, August 15, 2007; is a recipient of the 2007 Moonbeam Children's
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ABOUT THE AUTHOR:
Dina Zeckhausen, PhD, is the founder of the Eating Disorders Information Network (EDIN). She has developed a broad range of school and community-based prevention and awareness programs that have been adopted throughout the United States, and she is a featured expert in the national media on the topic of eating disorders. Zeckhausen maintains a private practice in Atlanta, Georgia, specializing in the treatment of eating disorders affecting both children and adults.

In 1996, Zeckhausen wrote a play about a girl who struggles with an eating disorder entitled "What's Eating Katie?" which has been performed locally and nationally by high school and college students. "Full Mouse, Empty Mouse"
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