



## Behavior Bites: Behavioral Eating Tips and Tools for Parents of Picky Eaters (Paperback)

By S E Walter Ph D

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Behavior Bites is a short, easy-to-read guide that explains the Why of picky eating, and provides the How To with helpful information to get you on the right track with your picky eater. This quick tip book offers simple yet useful ideas in a concise format that you can have at your fingertips and refer back to whenever needed. Sarah Walter shares strategies in the book to serve as gentle reminders and nonjudgmental nudges, providing the support you need to help your picky eater develop better eating habits and eating behavior.



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