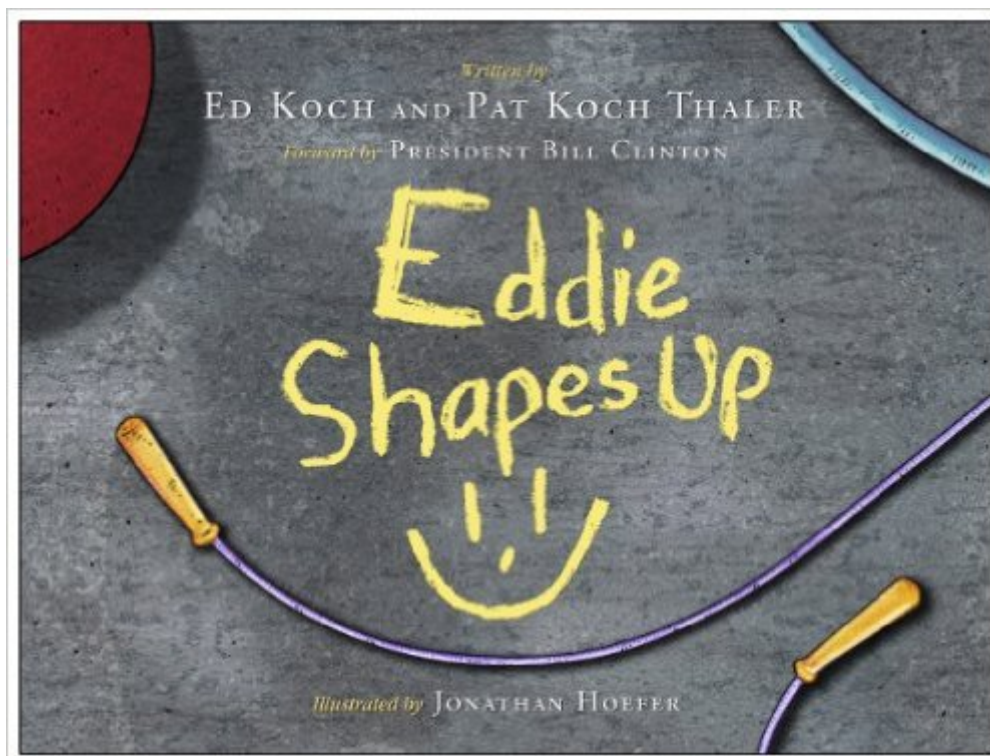


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# Eddie Shapes Up



## Synopsis

Zagat is proud to publish the children's book *Eddie Shapes Up*. Written by esteemed three-term New York City Mayor Ed Koch and his sister, Pat Koch Thaler, *Eddie Shapes Up* is the story of a boy who with the support of his friends and family decides to change his lifestyle in order to make his life happier and healthier. With a forward from President Bill Clinton and beautiful illustrations by Jonathan Hofer, this anticipated bestseller will inspire readers of all ages to eat right, exercise regularly and to always join the fun.

## Book Information

Age Range: 2 - 8 years

Hardcover: 48 pages

Publisher: Zagat Survey, LLC; First Edition edition (September 27, 2011)

Language: English

ISBN-10: 1604783788

ISBN-13: 978-1604783780

Product Dimensions: 11.1 x 8.6 x 0.4 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #2,667,707 in Books (See Top 100 in Books) #86 in [Books > Children's Books > Growing Up & Facts of Life > Health > Weight](#)

## Customer Reviews

This new offering by Ed Koch and Pat Koch Thaler really passed a tough test. Our grandchildren, ages 13, 9, 7, 5 and 3, three boys and two girls, were all captivated and entertained by this honest and entertaining new book on a topic they all hear a great deal about from their parents, grandparents, teachers and other adults. Without sermonizing or being very inflexible, the authors show that Eddie learns from his own peers how to stay healthy and more fit, making diet and exercise changes little by little. Eddie finds out that one slice of pizza instead of two, and a cookie as a sometimes treat is ok, too. Best of all, exercise seems to give him more energy. Before long he doesn't dread recess time in school, he can play ball and run faster, and the other kids stop calling him "slowpoke." Kids of all ages will love this "easy to digest" message, the wonderful illustrations and the frank approach of this uniquely told tale.

I pre-ordered this after reading an article about it. Eddie is the boy NY mayor Ed Koch was, and

while I don't know if it's truly autobiographical, it's inspired by his life. We definitely struggle to keep our kids active and get them to make healthy food choices, so I'm always up for some ideas in this area. I was a little worried that my kids (6 yo twins) would find this preachy or boring, but they liked it! The little bit of "action" towards the end added just the right excitement to make it fun. You could see that he benefited from making better choices, and it was really nice to see the encouragement and ideas come mostly from his friends, not his parents or teachers.

Peer pressure is a powerful motivator for young people. This a wonderful story about how schoolmates' teasing and bullying were replaced when two friends offered some tough feedback and then supported Eddie to get in shape and eat differently. Though his mother wanted him to eat differently and packed healthy lunches, in the end Eddie's friends were the key to his changes. The authors' other books also highlight qualities like courage in the face of challenges, the value of persistence and determination, and talking about feelings. There is value if young people reading this know of "Hizzoner" Mayor Ed Koch and former President Clinton, well-known individuals who faced these problems when children themselves. Nice that a brother and sister team co-authored the book, too!

basically, preachy. not up to the standards of Mayor Koch's mysteries, which capture that lovable personality (he stars in the mysteries).

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