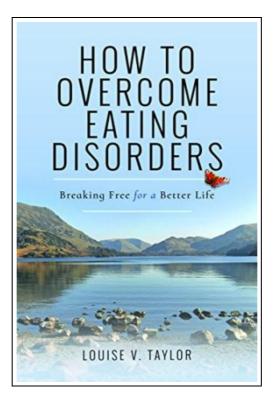
How to Overcome Eating Disorders: Breaking Free for a Better Life (Paperback)



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Reviews

Very good eBook and valuable one. Better then never, though i am quite late in start reading this one. I am very easily could possibly get a satisfaction of reading through a created publication. (Brianne Heidenreich)

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HOW TO OVERCOME EATING DISORDERS: BREAKING FREE FOR A BETTER LIFE (PAPERBACK)



Pen Sword Books Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. If you want to gain a better understanding of eating disorders, including anorexia, bulimia and binge eating disorder, this book is for you. It looks at theories about the causes of eating disorders, including susceptibility studies, personality traits, genetics, the effects of personal circumstances, societal/media pressures, family influences and more. The health risks are covered and the damage caused by eating disorders is made clear. This information, especially, will help some sufferers find the strength and determination to fight their disease and break free. The book explains the logic of eating disordered individuals, with some using food or weight control as a coping mechanism to block out painful emotions. It will enable the reader to better understand why some people with eating disorders behave as they do. It looks at the latest research, and new and emerging treatments are discussed, as well as established treatments and their success rates. In addition to conventional treatments medical, psychological and therapeutic the book considers complimentary therapies that may support an individual s recovery. It also includes nutritional information, to help those who are frightened of food, because they feel out of control around it, or are afraid of being overweight. There is a chapter on adjusting to change, recovery strategies and a look at why pro-ana communities are unhelpful, suggesting healthier social groups and past-times. The book contains extensive case studies of people who have battled with anorexia and bulimia, looking at some of the things that may have played a role in their disease, such as abuse, bullying, loneliness, low self-esteem, unhappiness and pressures to conform.

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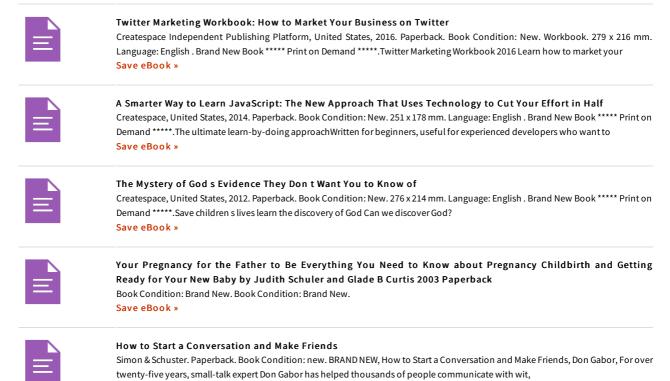
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