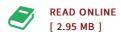




How to Overcome Eating Disorders: Breaking Free for a Better Life (Paperback)

By Louise V. Taylor

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...



Reviews

This ebook is great. I really could comprehended every thing using this composed e ebook. Its been designed in an exceedingly simple way and it is only following i finished reading this publication where basically modified me, modify the way in my opinion.

-- Herminia Blanda

Most of these ebook is the ideal pdf readily available. it was actually writtern quite flawlessly and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Prof. Jordy Kihn