



Eating Disorders: The Quest for Thinness

By Edward T Welch

New Growth Press. Paperback / softback. Book Condition: new. BRAND NEW, Eating Disorders: The Quest for Thinness, Edward T Welch, EATING DISORDERS- What started as an innocent diet has turned into a mon-ster. You eat too little. You eat too much. You restrict. You binge. Some days you wish you could just forget about food. Can someone like you ever learn to eat normally? Edward T. Welch describes how easy it is, in a weight-con-scious world that also uses food for comfort, to take the small steps that lead to a full-blown eating disorder. The way out is by understanding the thoughts and emotions that trigger your eating habits, and then taking the big step of trusting God, instead of your food rules and rituals.



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