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Published in the year 1985,
Theory and Treatment of
Anorexianervosa and Bulimia is a
valuable contribution to the field
of Psychiatry.

This work deals with

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understanding and overcoming the binge-purge syndrome. This guidebook offers a complete understanding of bulimia and a plan for recovery, with practical self-help tools, answers to frequently asked questions, a two-week program to stop bingeing,

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specific advice for loved ones,
and "Eat Without Fear," the
author's story of self cure which
has inspired thousands of other
bulimics. The information in this
edition is completely revised and
updated, with added material on
treatment, healthy eating, body

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image, relationships, and much
more. It includes input from 400
recovered bulimics.

Discusses causes of anorexia and
bulimia, their effects on the body
and methods of treatment.

Includes case studies.

Anorexia nervosa is a condition in

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which sufferers diet continually and starve themselves. They may also use laxatives, vomiting or exercise excessively in order to control weight. Anorexia usually occurs in young women, starting in their teens, and it is estimated that about 2 per cent of all young

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women suffer from it. Bulimia is an eating disorder which is also on the rise among young people. They use the binge/purge cycle to extreme in their attempts to control their weight. This is a comprehensive, positive and practical guide to detecting the

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early signs of eating disorders and then curing them. Written with years of experience and expertise, it encourages parents to understand the illness, overcome their fears and take control of the situation, whether that means enforcing a strict

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meal plan or taking the decision to seek professional help. The book includes early signs to look out for; the possible effects of the illness, both physical and psychological; the treatments available and, most importantly, the plan, which helps parents to

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Parent's Practical Guide To
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take positive action and really
make a difference to their child's
life.

A Process-Focused Guide to
Treating Anorexia and Bulimia
Psychodynamic Self Psychology in
the Treatment of Anorexia and
Bulimia

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Parent's Practical Guide To
Management of Complex
Presentations of Anorexia and
Bulimia Nervosa
An Introduction to the Literature
When Your Teen Has an Eating
Disorder
Wasted Updated Edition
Biting the Hand that Starves You

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If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support them. That's why you need real, proven-effective strategies you can use right away. Whether used in conjunction with treatment or on its own, this book offers

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an evidence-based approach you can use now to help your teen make healthy choices and stay well in body and mind. When Your Teen Has an Eating Disorder will empower you to help your teen using a unique, family-based treatment (FBT) approach. With this guide, you'll learn to respectfully and lovingly oversee your

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teen's nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and using coping strategies and recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful

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resource for mental health professionals, teachers, counselors, and coaches who work with parents of and teens with eating disorders. It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment. As a parent, feeding your child is a fundamental act of love—it has been from

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the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal. Provides a comprehensive introduction to eating disorders, including anorexia,

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bulimia, and binge eating, with a review of where to find help and how to make wise food choices to become healthy. This title is a Science Trade Book Award Winner. A compassionate handbook for friends and family members of someone suffering from an eating disorder offers practical and effective ways to address such difficult

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subjects as body image, physical touch, diets, exercise, and media messages, along with advice on when to seek professional help, how to handle emergencies, and more. Original.

Probes the emotional causes and effects of abnormal eating patterns and presents case histories of patients with weight

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Understanding Eating Disorders

Long-Term Follow-up Studies of Anorexia
and Bulimia Nervosa

How Breakthroughs in Science Offer Hope
for Eating Disorders

Wasted

Inspiring Resistance to Anorexia/bulimia

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Real Facts for Real Lives

Severe and Enduring Eating Disorder
(SEED)

*Eating Disorders Anonymous: The
Story of How We Recovered from Our
Eating Disorders presents the
accumulated experience, strength,
and hope of many who have followed*

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a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the "Big Book" in style and substance. EDA respects the pioneering work of AA while

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expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting "higher purpose" for the traditional "Higher Power." Further, the EDA approach embraces the development

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and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder's story of hope, and collective voices tell why EDA is

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suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating

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disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to

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make a start in recovery, and what it is like to be in recovery. Like the "Big Book," these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find the process consistent and

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reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance

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that EDA's approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for

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anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

Description Reflective Reflections is the quintessential up-to-date book on ALL eating disorders, written from the perspective of a recovered sufferer, therefore especially about anorexia

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and bulimia, but not forgetting about other eating disorders out there.

Written from personal experience and extensive research, and for the first time tackling the dangers of the Internet. This book considers the factors that might predispose someone to an eating disorder, what

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are the many and main causes of different eating disorders, and the factors that trap people within these horrific illnesses that trick your mind. Eating disorders bring disarray to both the life of the sufferer and to those people around who love them. Eating disorders are nasty, they fight

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dirty, but they can be beaten, and I, the author am proof of that after 15 years of anorexia and bulimia myself. But never forget, eating disorders kill. They kill young people. Indiscriminately. Killing without warning, and quickly. I have lost a few friends to eating disorders, I close

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my eyes and my heart misses a beat because they were so young, so deserving of life, as deserving of life as me and yet here I am and they are gone. I see friends still living within its grasp year after year and I feel sad for them - and an ill part of me feels jealous. I see others who have

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partly recovered, and some who are back to "normal." This book will answer all your questions on eating disorders in a comprehensive but friendly manner, and I hope it helps you be you a sufferer, carer, or medical professional. About the Author Katy Sara Culling was born in

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Liverpool, North England, in January 1975, sharing her birth date rather aptly with Virginia Woolf. Daughter of Sue and Paul Culling, her family moved back to its roots in Derbyshire, where she grew up along with her younger sister Beth, in the village of Castle Donington, on the Derbyshire-

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Leicestershire border. However, even as young as 5 she exhibited symptoms of bipolar disorder. She attended a private school for girls, Loughborough High School, where she was a high achieving student. Unfortunately, due to bullying and also to numb her mania and

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depression, she developed anorexia nervosa and began to self-harm. Katy Sara then went to The University of Nottingham, where she studied Biochemistry and Nutrition. She did her (1st class) thesis on alcohol and metabolism, interested in the psychology of Alcoholism. All this was

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done despite considerable illness including over 60 suicide attempts and purging-type anorexia - and yet more bullying. Her good work at Nottingham lead to an offer of a place at The University of Oxford, where she studied for a PhD (DPhil) in Clinical Medicine. In her final year she

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became so ill with anorexia that she was in hospital (first as a day patient, then an inpatient, and eventually a sectioned inpatient). During those two years she attempted suicide over 300 times, dying twice, only to be revived. She finally, at the age of 28 got a diagnosis of bipolar disorder

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and the correct medication, and had been mostly fine ever since. Her eating disorder spontaneously recovered. She later wrote up her PhD thesis and published her results. Now Katy Sara is mostly well and has become a writer, wanting to prevent others from suffering as she did. She

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writes mainly about bipolar disorder
and anorexia but also other
psychiatry/mental health topics, and
her first anorexia/bipolar memoir
Dark Clouds Gather
(autobiographical) was published by
Chipmunkapublishing. Her second
book, *Too Good For This World*, a

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collection of stories from people with bipolar disorder and major depression is also available, including people with eating disorders. Katy Sara also spends her time working in medical research, and helping fellow survivors of anorexia, bulimia and bipolar disorder through charitable

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organisations whilst trying to maintain her own good mental health. She is an advocate for all survivors of these illnesses Giordano presents the first full philosophical study of ethical issues in the treatment of anorexia and bulimia nervosa. She analyses these

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conditions, explores their complex
causes, then addresses legal and
ethical dilemmas such as a patient's
refusal of life-saving treatment.
Essential for anyone working on these
much misunderstood conditions.
A timely, relevant work, this
encyclopedia provides a

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*comprehensive examination of a full
range of topics related to eating
disorders and body image. * Case
illustrations of eating disorder
concerns * A timeline of the history of
eating disorders * Contributions from
experts in cross-disciplinary fields *
Types of prevention programs and*

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ways to promote positive body image

*Simple Ways to Support Someone
with Anorexia, Bulimia, Binge Eating,
Or Body Image Issues*

*Obesity, Anorexia Nervosa, And The
Person Within*

A Guide to Recovery

What's Eating You?

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*Conceptual and Ethical Issues in the
Treatment of Anorexia and Bulimia
Nervosa*

*Control That Is Out of Control
Your Journey to Recovery*

"Revised and expanded with
the latest information on
body image, food

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addiction, brain science,
Recovery
nutrition, and more."

A book about eating
disorders for teenagers.

"Provides information
about eating disorders,
including treatment,

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diagnosis, history,
Recovery
medical advances, and true
stories about people with
the diseases"--Provided by
publisher.

First published in 1994.

As the incidence of eating

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disorders such as anorexia
nervosa, bulimia nervosa
and obesity sometimes
caused by compulsive
eating has risen, so has
research and literature in
the field. Presenting

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current knowledge of these
eating disorders - the
most common types found in
adolescents and adults -
this book addresses issues
relevant to all.;

Examining the pertinent

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history, aetiology,
psychotherapy, and
sociology, the
contributors define these
eating disorders and
discuss issues of recovery
and methods of treatment.;

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They also consider the problem as it exists in both male and females in this multicultural society. The resulting volume is divided into four parts: the first

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gives an overview in
general, and the next
three focus individually
on anorexia nervosa,
bulimia nervosa, and
obesity respectively.
Theoretical Basis and User

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Manual

Anorexia and Bulimia

Bulimia

Anorexia Nervosa - Focal

Psychodynamic

Psychotherapy

Biomedical Sociocultural &

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Psychological Perspectives
Recovery
Examining Anorexia,
Bulimia, and Binge Eating
A Physician's Step-by-Step
Guide to Defeating
Anorexia and Bulimia
More and more clinicians as well as

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researchers realize that anorexia nervosa and bulimia nervosa often are extremely difficult to treat and that the short-term outcome can be very misleading. In many cases these disorders prevail for a long period of time and can have serious consequences for the patient's further life. This book gives a detailed over- view

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oftoday's knowledge regarding the long-term outcome of the treatment of anorexic and bulimic patients, many of whom were treated in highly spezialized centers. Experts from bo- th Europe and the U.S. report on theirmost recent research. Their studies include medical as well as psychosocial and psychiatric

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aspects of eating disorders. Clinicians with long experience in the treatment of eating disorder patients discuss the important practical implications of these research findings. The information given in this book is helpful for both treatment and prevention of eating disorders. Finally, concrete guidelines

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*show as how to conduct further follow-up
studies in this field.*

*Written by a mother whose daughter
suffers from an eating disorder, Anorexia
and Bulimia Nervosa is a supportive,
helpful guide for families of those with
eating disorders. Framed by the personal
story of Gráinne Smith and her daughter,*

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the book describes the onset and symptoms of the two disorders, as well as the typical situations family and caregivers can expect on the long road to helping the sufferer to recover. Readers will learn about the effects on family life, in particular the common feelings of isolation and helplessness, and get

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*strategies for coping and finding more
information and assistance.*

*Introduces case studies of patients with
anorexia and bulimia and provides in-
depth details of the disorders.*

*This manual presents an evidence-based
focal psychodynamic approach for the
outpatient treatment of adults with*

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anorexia nervosa, which has been shown to produce lasting changes for patients. The reader first gains a thorough understanding of the general models and theories of anorexia nervosa. The book then describes in detail a three-phase treatment using focal psychodynamic psychotherapy. It provides extensive

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hands-on tips, including precise assessment of psychodynamic themes and structures using the Operationalized Psychodynamic Diagnosis (DPD) system, real-life case studies, and clinical pearls. Clinicians also learn how to identify and treat typical ego structural deficits in the areas of affect experience and

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differentiation, impulse control, self-worth regulation, and body perception. Detailed case vignettes provide deepened insight into the therapeutic process. A final chapter explores the extensive empirical studies on which this manual is based, in particular the renowned multicenter ANTOP study. Printable

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tools in the appendices can be used in daily practice. This book is of interest to clinical psychologists, psychotherapists, psychiatrists, counselors, and students. Anorexia And Bulimia: A Parent's Guide To Recognising Eating Disorders and Taking Control

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Parent's Practical Guide To
Talking to Eating Disorders

*Bulimia/Anorexia: The Binge/Purge
Cycle and Self-Starvation*

The Course of Eating Disorders

*An Encyclopedia of Causes, Treatment,
and Prevention /Justine J. Reel, Editor*

Anorexia, Bulimia, and Binge Eating

The earlier a person with an

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**eating disorder is treated,
the greater the likelihood
of physical and
psychological recovery.**

**'Fast Facts: Eating
Disorders'** guides the
reader through the latest

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**evidence in detection,
diagnosis and efficacy of
treatments for anorexia,
bulimia and related
disorders, including a
practical overview of the: •
risk factors - genetic,**

developmental and familial
• questions to ask the
patient • behavioral and
physical signs and
symptoms • screening tools
and laboratory
investigations • treatment

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goals and options. In this highly readable handbook, the two renowned authors demonstrate how a carefully coordinated and multidisciplinary intervention can be

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**successful. They address
the important role of
primary care physicians
and other frontline
healthcare workers in
detecting eating disorders,
working with the treatment**

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team and monitoring the patient, and the positive impact these services can have on the rate and level of recovery. Content: • Classification • Epidemiology • Etiology

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- **and pathogenesis**

- **Diagnosis**
- **General management principles**
- **Treatment of anorexia**
- **Treatment of bulimia**
- **Course and prognosis**
- **Other eating disorders**

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Research areas • Case studies • Useful resources
Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy

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**hospital stays, endless
therapy, and the loss of
family, friends, jobs, and all
sense of what it means to
be "normal," Marya
Hornbacher lovingly
embraced her anorexia and**

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bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching

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**memoir, Wasted is the
story of one woman's
travels to reality's darker
side -- and her decision to
find her way back on her
own terms.**

A faith based 12 Step

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program... Directed toward those trapped in the labyrinth of eating disorders, their families, and their therapists, the text lays out in detail the steps taken, the tools used,

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**the love that grew and the
healing received.**

**Illustrated with true-life
experience and complete
with a compilation of
personal stories by
individual members.**

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"The power of the book lies in [its] vast clinical experience.... Eminently readable and filled with clinical anecdote.... Invaluable."—The Lancet
Here is a basic source of

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**information on the
dynamics of eating
disorders, written by two
therapists who pioneered in
treating them. This
accessible and empowering
book now adds four new**

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**chapters: "Anorexia
Nervosa: Sociocultural
Perspectives," "Intensive
Psychotherapy with
Anorexics," "Surviving
Managed Care" (addressed
especially to therapists),**

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**and "Our Daughters,
Ourselves." The book
includes stories of bulimic
and anorexic women in
their own
words—sympathetic peer-
group voices to encourage**

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**women who have begun
treatment or are
considering it. The author
also describes new school
and college programs
designed to help students
who have eating disorders.**

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Marlene Boskind-White
draws on twenty-five years
of clinical experience to set
forth what actually works
to combat and overcome
bulimia and anorexia,
focusing on ways to

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**strengthen positive
attitudes and develop
practical coping skills. She
evaluates new therapies
and new medications such
as Prozac and presents
essential information on**

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**physiology and nutrition. "I
give this book my
unqualified
endorsement."—Jean Rubel,
Ph.D., Anorexia Nervosa
and Related Disorders, Inc.
"An outstanding**

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**contribution to the
literature of eating
disorders."—Albert D. Loro,
Jr., Ph.D., former director,
Eating Disorders Program,
Duke University Medical
School**

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**Midlife Eating Disorders
Insights in Dynamic
Psychotherapy of Anorexia
and Bulimia
Acceptance and
Commitment Therapy for
Eating Disorders**

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Anonymous

**The American Psychiatric
Publishing Textbook of
Psychiatry**

**Hope, Help & Healing for
Eating Disorders**

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Theory and Treatment of Anorexia Nervosa and Bulimia

A classic of psychology and eating disorders, now reissued with an important and perhaps controversial new afterword by the author,

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Wasted is New York Times
bestselling author Marya
Hornbacher's highly
acclaimed memoir that
chronicles her battle with
anorexia and bulimia. Vivid,
honest, and emotionally
wrenching, Wasted is the

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Recovery
story of how Marya
Hornbacher willingly
embraced hunger, drugs, sex,
and death—until a
particularly horrifying bout
with anorexia and bulimia in
college forever ended the
romance of wasting away. In

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this updated edition,
Hornbacher, an authority in
the field of eating
disorders, argues that
recovery is not only
possible, it is necessary.
But the journey is not easy
or guaranteed. With a new

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ending to her story that
adds a contemporary edge,
Wasted continues to be
timely and relevant.

This important book
immediately draws the reader
into the world of those
struggling with

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anorexia/bulimia (a/b), whose stories, poems, and first-person accounts expose the 'voice' of these deadly problems. The authors' decade-and-a-half collaboration with 'insiders' has yielded fresh

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answers to these life and death questions: How does a/b seduce and terrorize girls and women? Why is a/b successful in encouraging girls and women to unwittingly embrace their would-be murderer? How can

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such a murderer be exposed
and thwarted? Biting the
Hand that Starves You
details a unique way of
thinking and speaking about
anorexia/bulimia. By having
conversations with insiders
in which the problem is

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viewed as an external
influence rather than a part
of the person, these
therapists show how to bring
the tactics of a/b into the
open, expose its deceptions,
break its spell, and
encourage defiance of its

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tyrannical rule. These innovations enable insiders, professionals, and loved ones to unite against anorexia/bulimia rather than allowing a/b to pit a professional or loved one against an insider, and the

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insider against herself.

Coercion is sidestepped in favor of practices that are collaborative, accountable and spirit-nurturing. The groundbreaking discoveries outlined in this book will provide new options,

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inspiration and hope, not
only for those who suffer at
anorexia's hands, but also
for their loved ones and
healthcare professionals.
The first section of the
book illuminates the means
by which anorexia/bulimia

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insinuates itself into the lives of women and confines them to its prison. The second section focuses on how therapists and other helpers assist them to break the spell of a/b, creating possibilities for resisting

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and defying it. The third section of the book details a two-pronged strategy for reclaiming one's life from a/b. One method involves unmasking a/b by directly engaging with it through critique. The other method

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involves disengaging from anorexia in order fashion an 'anti-a/b' lifestyle guided by their own values and passions, even while they fear forsaking the promises of anorexia. Finally, the last section of the book

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addresses ways in which parents and other loved ones can 'team up' with insiders to fight against these lethal problems. This section includes a first-person account of a mother and father's harrowing but

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ultimately triumphant effort to free their daughter from anorexia's prison. *Biting the Hand that Starves You* draws to an unprecedented degree on the anti-anorexic/bulimic knowledge of 'insider'

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clients/collaborators to provide fresh insights into the workings of a/b and the means to overcome it. The knowledge of these authors and their insider collaborators, who speak poignantly and passionately

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on their own behalf, is sure
to benefit all those
affected by a/b.

Decoding Anorexia is the
first and only book to
explain anorexia nervosa
from a biological point of
view. Its clear, user-

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friendly descriptions of the genetics and neuroscience behind the disorder is paired with first person descriptions and personal narratives of what biological differences mean to sufferers. Author Carrie

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Arnold, a trained scientist,
science writer, and past
sufferer of anorexia, speaks
with clinicians,
researchers, parents, other
family members, and
sufferers about the factors
that make one vulnerable to

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anorexia, the neurochemistry behind the call of starvation, and why it's so hard to leave anorexia behind. She also addresses:

- How environment is still important and influences behaviors
- The

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characteristics of people at high risk for developing anorexia nervosa • Why anorexics find starvation “rewarding” • Why denial is such a salient feature, and how sufferers can overcome it Carrie also includes

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interviews with key figures
in the field who explain
their work and how it
contributes to our
understanding of anorexia.
Long thought to be a
psychosocial disease of
fickle teens, this book

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alters the way anorexia is understood and treated and gives patients, their doctors, and their family members hope.

Eating disorders are usually regarded as acute illnesses that patients either recover

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or die from. They are rarely classified as ..severe and enduring. in the same way that other mental disorders, such as schizophrenia, can be. Yet, many patients suffering from eating disorders struggle with

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their condition for years.

This book introduces SEED as a concept, and draws on detailed case histories to describe its assessment and treatment. The book explores the clinical challenge of long-term eating disorders

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and examines the physical and psychological problems, family issues and difficulties in day-to-day living that patients with SEED can experience. In addition, the book discusses treatment approaches,

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including Rehabilitation
Eating Disorders Psychiatry,
and covers treatment in a
range of different settings.
Practical Strategies to Help
Your Teen Recover from
Anorexia, Bulimia, and Binge
Eating

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Bulimia, and Disordered

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Food as Foe

Core Interventions in the
Treatment and Management of
Anorexia Nervosa, Bulimia
Nervosa, and Related Eating
Disorders

The Fellowship Details Its

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Program of Recovery for
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Explores the nature of midlife eating disorders, looking at why they develop, how their unique challenges set them apart from those that occur earlier in life, and

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FACT: About 50% of all people in the U.S. either know someone with an eating disorder or have been personally affected by one. Whether you are personally struggling with an eating disorder or

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Recovery
you know someone who is, this
96-page book offers you key
information on the causes, effects,
and treatment options for anorexia
and bulimia. It answers: What is
anorexia and bulimia? What are the
symptoms of anorexia? and How

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can someone recover from these eating disorders? Anorexia and bulimia feed the minds of those starving for love and acceptance with the wrong answer. But there's hope! After personally counseling people struggling with eating

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disorders for 30 years, June Hunt has seen firsthand that healing and recovery is possible. This quick-reference guide on eating disorders combines her years of experience with timeless biblical truth, relevant information, and practical action-

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steps. • Get key definitions, such as what is anorexia? What is anorexia nervosa? What is bulimia? What is "body image?" • Learn how to spot the symptoms of anorexia and the warning signs of bulimia. Find out how eating disorders damage the

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brain and body, causing everything from seizures, infertility, heart failure, and even death. • Discover the situational and root causes that often lead to eating disorders, such as unresolved pain. • Get practical advice on how to personally

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overcome an eating disorder or help guide someone through the process. Includes 8 "first steps" to take to begin your journey toward recovery and also gives practical ways to start eating healthier. • Dive into the Word of God and see what

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it says about your value, your image, and your worth. Be encouraged as you discover your incredible worth through God's eyes and be transformed as you align your thinking with God's thinking.

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to Recovery John Wiley & Sons
Eating disorders require a complex
combination of psychological,
medical, and nutritional
approaches. As a parent, you are

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the constant guardian of your child's health, but often the best way to extend treatment from the examining room to the living room isn't clear. Take Charge of Your Child's Eating Disorder is a hands-on, medically-based guide that tells

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you what you need to know about eating disorders. As the founder and director of the Adolescent Eating Disorder Parent Education and Support Program at Stanford University, Dr. Pamela Carlton has treated hundreds of children and

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adolescents with eating disorders as well as guided their parents through the maze of eating disorder treatments. This book offers a wealth of crucial information, including: Warning signs and diagnostic criteria for anorexia,

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bulimia, and eating disorders not otherwise specified (EDNOS) Facts about the "hidden" eating disorder – "Female Athletic Triad" A step-by-step plan for diagnosis, treatment options, and recovery support Detailed advice for putting

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together and successfully
managing a treatment team The
real story about insurance: what's
covered, what's not, and how to
fight the system Specific strategies
for handling delicate situations,
talking to your child, and accessing

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the most up-to-date resources
Investigating Eating Disorders
(Anorexia, Bulimia, and Binge
Eating)

Treating Eating Disorders in
Adolescents

Take Charge of Your Child's Eating

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Eating Disorders

Fast Facts: Eating Disorders

A Workbook for Teens with
Anorexia, Bulimia & Other Eating
Disorders

Anorexia Nervosa, Bulimia Nervosa

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Everyone has heard of eating disorders. Readers and viewers of television, magazines, tabloids, and the Internet are kept up to date on which celebrities are too thin and which

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are too fat, but how much do people really understand about these psychological illnesses.

This book demystifies the complex causes of eating disorders, discusses a myriad of treatment options, addresses

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helpful preventative measures,
and highlights real people living
with eating disorders.

This book presents an
implementation of
psychodynamic self psychology
in the treatment of anorexia

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nervosa and bulimia nervosa,
using a theoretical and
therapeutic approach to examine
the way that patients turn to food
consumption or avoidance in
order to supply needs they do
not believe can be provided by

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human beings. The book starts with an overview of self psychology, presenting both the theory of self psychology and its specific application for the etiology and treatment of eating disorders. Featuring

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contributions from eating
disorder professionals, the book
then integrates this theory with
16 compelling case studies to
explore how the eating-
disordered patient is scared to
take up space in a society that

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encourages precisely that.

Professionals in the field of psychotherapy for eating disorders, as well as the entire community of psychotherapists, will benefit from the empirical capability of the theory to predict

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the development as well as
remission from eating disorders.

A Process-Focused Guide to
Treating Eating Disorders with
ACT At some point in clinical
practice, most therapists will
encounter a client suffering with

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an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to

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experience significant health complications before they receive the help they need.

Acceptance and Commitment Therapy for Eating Disorders presents a thorough conceptual foundation along with a complete

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protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder,

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and other types of disordered eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process.

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Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action-the six

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behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no

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prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

Its previous edition hailed as "the

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best reference for the majority of practicing psychiatrists" (Doody's Book Reviews) and a book that "more than any other, provides an approach to how to think about psychiatry that integrates both the biological and

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psychological" (JAMA), The
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meticulously revised to maintain
this preeminence as an
accessible and authoritative
educational reference and

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clinical compendium. It combines the strengths of its three editors -- Robert Hales in clinical and community psychiatry, Stuart Yudofsky in neuropsychiatry, and new co-editor Glen Gabbard in psychotherapy -- in recruiting

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outstanding authors to
summarize the latest
developments in psychiatry and
features 101 contributors, 65 of
whom are new to this edition.
The book boasts a new interior
design, with more figures and

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color throughout to aid comprehension. Each chapter ends with 5-10 key points, 5-10 recommended readings, and helpful Web sites not only for the clinician but also for patients and family members. The book also

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section on psychiatric
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dangerousness -- an individual's
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Reflective Reflections

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The Story of How We Recovered
from Our Eating Disorders
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Recovery
Discusses anorexia,
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including the symptoms,
history, social factors,
and treatments of these
eating disorders.

This book brings together

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the key ideas of

therapists on

understanding and treating

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provides the reader with a

survey of the history,

psychodynamics, family

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patterns and techniques of
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therapy.

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customizable program,

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treating adolescents with
anorexia nervosa, bulimia
nervosa, and binge eating.
If you treat adolescents
with eating disorders, you

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need a flexible treatment plan that can be tailored to your patient's individual needs, and which fully incorporates the adolescent's family or caregivers. This book

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offers a holistic approach to recovery that can be used in inpatient or outpatient settings, with individuals and with groups. The groundbreaking and integrative program,

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Therapy (IMT), outlined in this professional guide draws on several evidence-based therapies, including Maudsley family-based treatment (FBT), cognitive

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behavioral therapy (CBT),
acceptance and commitment
therapy (ACT), compassion-
focused therapy (CFT),
exposure therapy, and
appetite awareness
training. This fully

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customizable approach
meets the patient where
they are—emotionally and
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process of recovery. This
book covers all aspects of
the recovery process,

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including navigating
family issues, meal
planning, and more.

Handouts and downloads are
also included that provide
solid interventions for
clinicians and checklists

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for family members.

This guideline has been developed to advise on the identification, treatment and management of the eating disorders anorexia nervosa, bulimia nervosa,

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The guideline
recommendations have been
developed by a
multidisciplinary group of
health care professionals,
patients and their

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representatives, and
guideline methodologists
after careful
consideration of the best
available evidence. It is
intended that the
guideline will be useful

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to clinicians and service
commissioners in providing
and planning high quality
care for those with eating
disorders while also
emphasising the importance
of the experience of care

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