

## Anorexia Nervosa

Discusses the causes and consequences of anorexia nervosa, as well as ways to treat and prevent this condition.

Describes the origins and symptoms of anorexia nervosa, who is at risk, why it develops in certain individuals, and how it can be controlled by healthy eating habits.

WhiteHots.

The abundance of food in the developed countries of the world has seemingly spawned an epidemic of disorders connected to the food. Extremes such as intensive concern about one's body image and total disregard for it have resulted in countries which contain enormous segments of the population who are either obese and proud of it or bordering on anorexia nervosa. This new book gathers state-of-the-art research from leading scientists throughout the world which offers important information on understanding the underlying causes and discovering the most effective treatments for eating disorders.

Anorexia Nervosa and Recovery

Multifamily Therapy Group for Young Adults with Anorexia Nervosa

Overcoming Anorexia Nervosa 2nd Edition

Towards an Improved Understanding of Severe and Enduring Anorexia Nervosa

Reconnecting for Recovery

My Journey Through Anorexia Nervosa

*First published more than twenty years ago, with almost 150,000 copies sold, The Golden Cage is still the classic book on anorexia nervosa, for patients, parents, mental health trainees, and senior therapists alike. Writing in direct, jargon-free style, often quoting her patients' descriptions of their own experience of illness and recovery, Bruch describes the relentless pursuit of thinness and the search for superiority in self-denial that characterizes anorexia nervosa. She emphasizes the importance of early diagnosis and offers guidance on danger signs. Little-known when this groundbreaking book was first published, eating disorders have become all too familiar. Sympathetic and astute, The Golden Cage now speaks to a new generation. "The story of the disorder itself is beautifully written, presented with a deftness, lightness, and accuracy that make the reader yearn to turn the page, to watch the unfolding of this very enigmatic disorder. This is the single most important professionally written book for laypersons and parents." -Shervert H. Frazier, M.D., McLean Hospital "The Golden Cage is eminently readable and generously spiced with vivid illustrations from Bruch's own clinical case material. Her discussion of and generalization from this material is wonderfully astute." -Contemporary Psychology Hilde Bruch was Professor of Psychiatry at Baylor College of Medicine and the author of Learning Psychotherapy: Rationale and Ground Rules (Harvard) and Eating Disorders.*

*Multi-Family Therapy for Anorexia Nervosa is a treatment manual that details an empirically supported and innovative treatment for this disorder. This book provides a detailed description of the theory and clinical practice of MFT-AN. The treatment draws on the Maudsley Family Therapy for Anorexia Nervosa model as well as integrating other psychological and group frameworks. Part I details the theoretical concepts, MFT-AN structure, content and implementation, including clinically rich and detailed guidance on group facilitation, therapeutic technique and troubleshooting when the group process encounters difficulties. Part III provides step-by-step instructions for the group activities in the initial four-day intensive workshop and for the subsequent follow-up days that occur over a further six to eight months. The book will serve as a practical guide for both experienced and new clinicians working with children and adolescents with eating disorders and their families, in utilising multi-family therapy in their clinical practice.*

*Emotionally and physically devastating, anorexia nervosa is the third most common chronic illness in teenage girls, striking one in every two hundred (boys only make up 10% of all cases). And while there are a plethora of books on the subject, most are either personal accounts of recovery or attempts to explain the disease from only one perspective, be it psychoanalytic, behavioral, cultural, or biological. Now, in this much-needed resource, Dr. Alexander Lucas draws on 40 years of experience, mostly at the Mayo Clinic, to offer clear guidance and authoritative advice on how to overcome anorexia nervosa. Based on his own unique research with thousands of patients, and striking a careful balance between psychological, cultural, and biological approaches, Dr. Lucas demystifies this seemingly irrational disease and guides parents through the harrowing process of recovery. The book defines anorexia, illustrates how it can evolve and how common it really is, and outlines every part of the treatment process, from the early warning signs that parents should watch out for, to the initial evaluation, to specific treatment plans. Dr. Lucas emphasizes the patient's role in defining the healing process, with the support of the family and medical team. Throughout the book, he counsels optimism, stressing that in spite of the destructive power of the disease, most who suffer from anorexia nervosa fully recover and are able to live normal, healthy, and productive lives. For anyone seeking level-headed, medically sound, and comprehensive guidance on the most effective treatments for this life-threatening disorder, *Demystifying Anorexia Nervosa* offers a wealth of reliable, reassuring information. Includes: an overview of eating disorders in childhood and adolescence; epidemiology; aetiology; prognosis and outcome; assessment and management.*

*A Hunger for Meaning*

*Current Perspectives*

*Being Ana*

*Fasting Girls*

### ***A Clinician's Guide***

#### ***Anorexia Nervosa***

This guideline has been developed to advise on the identification, treatment and management of the eating disorders anorexia nervosa, bulimia nervosa, and related conditions. The guideline recommendations have been developed by a multidisciplinary group of health care professionals, patients and their representatives, and guideline methodologists after careful consideration of the best available evidence. It is intended that the guideline will be useful 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 for patients and carers.

Break free from the vicious cycle of anorexia nervosa Anorexia nervosa affects both men and women, of all age groups and social classes, internationally. For both the sufferer and the friends and family who care for them, the impact of the illness can be devastating. However, it can be treated effectively using cognitive behavioural therapy (CBT). This self-help book provides support to battle this notorious and widespread eating disorder and has been used effectively with many patients in clinical settings. Using CBT techniques, you will learn to: Understand the many forms and causes of anorexia nervosa Challenge negative thinking and behaviour Improve your body image Develop coping strategies for the future These clinically proven tools form a complete recovery programme, with practical exercises and worksheets. Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well scheme. Series Editor: Professor Peter Cooper

First Published in 1996. Routledge is an imprint of Taylor & Francis, an informa company.

This guide to 'self-help' has become highly valued by sufferers from anorexia nervosa, their families and their carers. It relates to Arthur Crisp's much praised text *Anorexia Nervosa: Let Me Be*, now in its third reprint. Many sufferers report that *Anorexia Nervosa: The Wish to Change* has provided them with their first private opportunity to reconsider their position and future properly, and then to do more about them. Carers have found it particularly helpful as a joint tool in their work with patients, especially when used alongside the more recently published *Anorexia Nervosa: Guidelines for Assessment and Treatment in Primary and Secondary Care* and the *Patient's Log Book* from the same centre.

Psychosomatic Families

The Enigma of Anorexia Nervosa

The Social Construction of Anorexia Nervosa

A Guide to Recovery

Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence

Anorexia Nervosa, Bulimia Nervosa, and Obesity

**In A is for Anorexia: Anorexia Nervosa Explained** the complicated relationship between self-starvation, the high of hunger, the addiction to anorexia and its real, but misplaced protective purpose is explored. Em Farrell takes you into her consulting room and shows you why anorexics become anorexic, what happens when they do, and how you as a parent, friend or professional can help them recover and have a better life. Anorexics do not want to be thin in order to look like a super-model, but are driven to do so, without knowing why. Deep, deep down it is about an attempt to deal with unmanageable, uncontrollable feelings and thoughts. Find out the history of anorexia Find out what anorexics eat Find out what happens to the body of someone who is anorexic Find out what happens in the mind of an anorexic Once you know you can: Discover how to help your anorexic daughter or son Discover how to help yourself if you are the parent of an anorexic Discover how to help yourself if you are anorexic Discover sources of help for when you have reached your limit Discover hope and compassion and help the anorexic recover and have a better life. Em Farrell has worked with eating disordered patients for over 25 years. She has taught courses on how to work with eating disordered, has lectured and seen well over 200 individuals with eating difficulties. She is the author of the well thought of *Lost for Words: The Psychoanalysis of Anorexia and Bulimia* and is currently working on her second book in the series *B is for Bulimia: Bulimia Nervosa Explained*. Find out more about her ongoing projects at [www.abcofeatingdisorders.com](http://www.abcofeatingdisorders.com) "Em Farrell's book describes the painful and disturbing world of the anorectic and those who work and live alongside them, with incredible insight, sensitivity and most importantly hope. To support, inform and help parents, friends and family of anorexics." Mandy Oliver, Secondary School Counsellor and Psychotherapist. Em Farrell is now offering a free monthly webinar. You can sign up at [www.abcofeatingdisorders.com](http://www.abcofeatingdisorders.com)."

**Explores the truth and misconceptions regarding anorexia nervosa by examining its history, causes, considerations, treatment, and related eating disorders.**

**Because anorexia nervosa has historically been viewed as a disorder that impacts women and girls, there has been little focus on the conceptualization and treatment of males suffering from this complex disorder. *Understanding Anorexia Nervosa in Males* provides a structure for understanding the male side of the equation combined with practical resources to guide clinical intervention.**

**Presented using an integrative framework that draws on recent research and organizes information from multiple domains into a unified understanding of the interconnected issues at hand, this informative new text provides a comprehensive approach to understanding and treating a widely**

**unrecognized population.**

**This indispensable manual presents the leading empirically supported treatment approach for adolescents with anorexia nervosa (AN). What sets family-based treatment apart is the central role played by parents and siblings throughout therapy. The book gives practitioners a clear framework for mobilizing parents to promote their child's weight restoration and healthy eating; improving parent/n-/child relationships; and getting adolescent development back on track. Each phase of therapy is described in session-by-session detail. In-depth case illustrations show how to engage clients while flexibly implementing the validated treatment procedures. New to This Edition \*Reflects the latest knowledge on AN and its treatment, including additional research supporting the approach. \*Clarifies key concepts and techniques. \*Chapter on emerging directions in training and treatment dissemination. \*Many new clinical strategies.**

**Anorexia Nervosa in Context**

**Theory and Treatment of Anorexia Nervosa and Bulimia**

**The Wish to Change**

**Anorexia Nervosa Explained**

**A Family-Based Approach**

**New Research**

The theme of this text is the enduring relationship of anorexia nervosa to the unfolding of puberty, which transcends and shapes the input of "fashion". Anorexia nervosa is closely related to the personal challenges of adolescence and further growth within the individual and family. The author sees the disorder as an avoidance of the mounting fear of normal adult weight, with puberty at its pivot. His approach to all those concerned involves their engagement and empowerment in the prospect of renewed, healthier growth and recovery. It is significantly effective in both the short and the long term.

Anorexia Nervosa and Bulimic Disorders: Current Perspectives covers the proceedings of Conference on Anorexia Nervosa and Related Disorders. The book presents 60 papers that cover various aspects that are essential in understanding the nature of eating disorders. The materials in the text are organized thematically into sections. The book first covers the historical aspects, and then proceeds to tackling the classification of eating disorders. The succeeding sections detail the different aspects of eating disorders, such as epidemiological, biological, familial, psychological, and clinical. The selection also discusses the treatment, outcome, and prognosis of eating disorders. The book will be of great use to students, researchers, and practitioners of health related disciplines.

Ten-Mile Morning is a true story about a man's battle to overcome his five-year struggle with anorexia nervosa. Ultimately, however, this is a story of hope and recovery. This moving memoir will inspire you as it affirms that life after eating disorders is one of self-acceptance, self-

realization, and self-respect.

Based on the only evidence-based randomized controlled trial yet undertaken in patients with severe and enduring anorexia nervosa, *Managing Severe and Enduring Anorexia Nervosa* uses the results of that trial to present a new paradigm for treatment. Moreover, this informative new text assembles the leading scientists across three continents to provide a comprehensive overview and new paradigm for treatment and stimulate interest in the development of new psychosocial approaches. Students, clinicians, and researchers in the field of eating disorders will find this edited volume a valuable reference handbook in the clinical management of patients with anorexia nervosa.

*Managing Severe and Enduring Anorexia Nervosa*

*Empowering Parents To Beat Anorexia Nervosa*

*A Recovery Guide for Sufferers, Families and Friends*

*Ten-Mile Morning*

*A is for Anorexia*

*Anorexia Nervosa and Bulimia Nervosa*

***Originally developed as a manual for anorexia patients at his eating disorders clinic in the Royal Edinburgh hospital, Chris Freeman's is the first self-help book based on cognitive behavioural therapy to counter this most notorious and widespread of eating disorders. It occurs most frequently among young women, but affects both men and women of all ages, in all social groups, internationally. The first part of this groundbreaking guide provides an introduction to the subject of anorexia nervosa and its treatment using cognitive behavioural techniques for therapists, sufferers and their families. The second part is a self-help programme for recovery based on the treatment, which the author has used in his work with hundreds of patients. Cognitive Behavioural Therapy is a now internationally established method of treating emotional disorders such as anorexia, depression and panic by changing negative patterns of thought. The Robinson series of self-help guides based on CBT, written by practising clinical psychologists, has proved itself accessible and highly effective, and the series' reputation and sales increase with every year.***

***Multifamily Therapy Group for Young Adults with Anorexia Nervosa describes a new and innovative family-centered outpatient Multifamily Therapy Group (MFTG) approach called Reconnecting for Recovery (R4R) for young adults with anorexia nervosa that is based on a relational reframing of eating disorders. Developed in concert with young adults and their families and informed by clinical observations, theory, and research, R4R is designed to help young adults and family members learn the emotional and relational skills required to avoid or repair relationship ruptures for continued collaboration in recovery. The book begins with an overview of anorexia nervosa, MFTG treatment approaches, and the development of R4R and moves into a session by session review of R4R including session goals, exercises and handouts. Protocols, case vignettes, and other materials help translate the theory and research underlying this***

*multifamily therapy group model into practice. This treatment manual provides readers with explicit guidance in how to develop and conduct an outpatient R4R MFTG and a deeper understanding of the nature, purposes, and processes that characterize one.*

*'This brief and powerful book has very important things to say to a wider audience; to health care professionals, to therapists, and also to social scientists who deal with questions of femininity, the body, and poststructuralism' - Journal of Health Psychology*  
*'A readable book that contains simplified information of some complicated concepts. It will prove of benefit to those readers in the field of women and social studies' - European Eating Disorders Review*  
*The concepts presented in this book are carefully argued, succinctly organized, and genuinely stimulating.... It provokes clinicians to think about treatment and the effect of diagnostic practices, it provokes researchers to ask different questions, and it provokes students to read beyond dominant and conventional texts. This is a timely and important publication that deserves to feature prominently in the ongoing study of anorexia nervosa' - Journal of Community & Applied Social Psychology*  
*'This book is intelligent, well-written and thought provoking addition to current literature on eating disorders' - Feminism and Psychology*  
*In this wide-ranging book, Julie Hepworth casts a critical light on our contemporary understanding of anorexia nervosa. She locates contemporary discourses of anorexia nervosa within their historical context, showing how current practices continue to be influenced by medicine, psychology, ideology and politics. She argues that anorexia nervosa must be considered within the political, social and gendered relationships that continue to contribute to its definition. The book demonstrates the need for a new conceptualization of anorexia nervosa which would draw on the insights of discourse theory, feminism and postmodernism to create new understandings of anorexia nervosa within contemporary health care practices.*

*Through the voices of twenty-one women, Karen Way presents the most objective, complete, and compassionate picture of what anorexia nervosa is about and, more importantly, of the complex individual variables and obstacles in the journey to recovery. From the premise that anorexia nervosa is an addiction--an obsession controlling all aspects of an individual's life--and that complete recovery is possible by finding meaning in life, this enlightening book contrasts sharply to other books written on the subject by clinicians and theorists which merely speculate on the nature and etiology of anorexia nervosa. Anorexia Nervosa and Recovery lets the reader hear the personal struggles of women who have fought this powerful disease. They describe how anorexia controlled their lives and how, once they overcame their obsessions with food, weight, and thinness, they were able to lead fulfilling lives. This illuminating book encourages and inspires women who are in the throes of anorexia nervosa. They will recognize the emptiness in the voices and the descriptions of daily life. Therapists and clinicians who treat anorexic women will find intriguing chapters on events which trigger anorexia and what anorexics will do to maintain their strategies for coping. Concerned friends and family and others interested in understanding this controlling disease will be enlightened from this important and helpful book.*

***A Survival Guide for Families, Friends, and Sufferers***

***Multi-Family Therapy for Anorexia Nervosa***

***100 Questions & Answers About Anorexia Nervosa***

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

***Understanding Eating Disorders***

***Overcoming Anorexia Nervosa***

***When a child develops anorexia nervosa, parents often don't know where to turn for help. My Kid Is Back offers hope and encouragement for parents in fighting this eating disorder. Based on the Maudsley Approach, a successful family-based treatment, this book gives parents techniques for taking charge of the illness and helping their child move on with their lives. This is a practical guide that provides a fuller understanding of anorexia nervosa and information about where to go for help. It also features the stories of ten families who describe how they coped and the journeys they have made in beating the illness.***

***Traces the historic roots of anorexia nervosa from its emergence during the Victorian era to its pervasiveness in the twentieth century, and explores the cultural significance of appetite control in women's lives.***

***EMPOWER YOURSELF! Whether you are a newly diagnosed patient, a friend, or a relative of someone with anorexia nervosa, or if you simply wish to gain a better understanding of this condition, 100 Questions and Answers About Anorexia Nervosa offers help. This book offers a complete guide to understanding the causes of anorexia, warning signs and diagnosis, and practical suggestions on how to help loved ones suffering from anorexia as well as the treatment options available. Written by a clinical psychologist with nearly 20 years experience in the field of eating disorders, along with contributions from actual patients, this book is an invaluable resource for learning about and fighting this disease. Published in the year 1985, Theory and Treatment of Anorexianervosa and Bulimia is a valuable contribution to the field of Psychiatry.***

***The Golden Cage***

***Let Me be***

***A self-help guide using cognitive behavioural techniques***

***Biomedical Sociocultural & Psychological Perspectives***

***A Guide for Clinicians***

***Understanding Anorexia Nervosa in Males***

***Interviews with women recovering from anorexia nervosa offer insight to the challenges faced by those suffering from the eating disorder, and encouragement to succeed through recovery***

***The highly respected and widely known Anorexia Nervosa: A Survival Guide for Sufferers and Friends was written in 1997. This long-awaited new edition builds on the work of the first book, providing essential new and updated research outcomes on anorexia nervosa. It offers a unique insight***

*and guidance into the recovery process for those who suffer from an eating disorder as well as advice and information for their loved ones. Written collaboratively by both an expert in the field and someone with personal experience of eating disorders, this book offers exceptional understanding of the issues surrounding the illness. Divided into four sections, it includes: an outline of anorexia nervosa coping strategies for sufferers advice and information for families, carers and friends guidelines for professionals who are involved in the sufferer's life. Families, friends, carers and professionals such as teachers and GPs are encouraged to read all sections in order to fully understand the illness. With an emphasis on collaboration and a layout that enables content to be referenced and read in any order, this book is an essential resource for anyone affected, directly or indirectly, by anorexia nervosa.*

*First published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.*

*This is the first book to present a roadmap for tailoring acceptance and commitment therapy (ACT) to the serious, complex challenges of anorexia nervosa (AN). Leading authorities describe interventions grounded in ACT core processes--Defusion, Acceptance, Attention to the Present Moment, Self-Awareness, Values, and Committed Action. Guidance is provided for conducting functional assessments with adolescents and adults and working toward individualized treatment goals, starting with weight restoration. The book also discusses ways to engage parents and other family members in treatment. It features therapist scripts, sample dialogues, case examples, and reproducible forms and handouts. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials.*

*Starving for Attention*

*A Memoir of Anorexia Nervosa*

*My Kid Is Back*

*Eating Disorders*

*Demystifying Anorexia Nervosa*

*Treatment Manual for Anorexia Nervosa, Second Edition*

**When anorexia nervosa strikes an individual and her family, everyone is thrown into confusion by the mixture of emotions that emerge. One of the strongest is fear. The fear arises partially because so much is unknown. What has caused this to happen? What will happen now? What can we do about it? This book is an attempt to answer some of these questions. Unusually for a book on anorexia nervosa, this book includes sections for parents and other carers alongside a section for the sufferer herself. So often books have been written which only give one perspective. In her work with patients and families Janet Treasure has tried to ensure that family and professionals collaborate and co-operate in order to overcome the power of the illness. Many families have used and commented on various versions of this book, and have helped to form its content. Experiences and problems have been shared, and solutions generated. Anorexia nervosa is a difficult illness to experience and write about because it spans such an extreme range of severity and it can also develop in childhood and adulthood. Nevertheless, there is much common ground throughout the range. Readers are therefore encouraged to use this book as a tool box rather than a new engine and to ask the questions, 'Is this part relevant for me?', 'Can I use it?', 'Shall I try it?', rather than trying to fit it all into place and expecting it to run smoothly.**

**This book accurately describes the cognitive processes that lead to and are present in someone with an eating disorder. Several case histories on individuals with anorexia nervosa and obesity are presented. It probes the emotional causes and effects of abnormal eating patterns.**

**Answers common questions about anorexia, provides insight from recovered anorexics, and offers information on healthy eating and weight**

**Shani Raviv is a misfit teen whose peer-pressured diet spirals down into full-blown anorexia nervosa—something no one in her early-nineties, local South African community knows anything about. Fourteen-year-old Shani spends the next six years being “Ana” (as many anorexics call it), on the run from her feelings. She goes from aerobics addict to Israeli soldier to rave bunny to wannabe reborn, using sex, drugs, exercise and, above all, starvation, to numb out everything along the way. But one night, at age twenty, Shani faces the rude awakening that if she doesn’t slow down, break her denial, and seek help, she will starve to death. Three years later, her hardest journey of all begins: the journey to let go of being Ana and learn to love herself. Being Ana is an exploration into the soul and psyche of a young woman wrestling with anorexia’s demons—one that not only exposes the real horrors of a day in the life of an anorexic girl but also reveals the courage it takes to stop fighting and find healing.**

**When Food Is the Enemy**

**A Treatment Manual**

**An Optimistic Guide to Understanding and Healing**

**The History of Anorexia Nervosa**

**Understanding Anorexia Nervosa**

**Anorexia Nervosa and Bulimic Disorders**