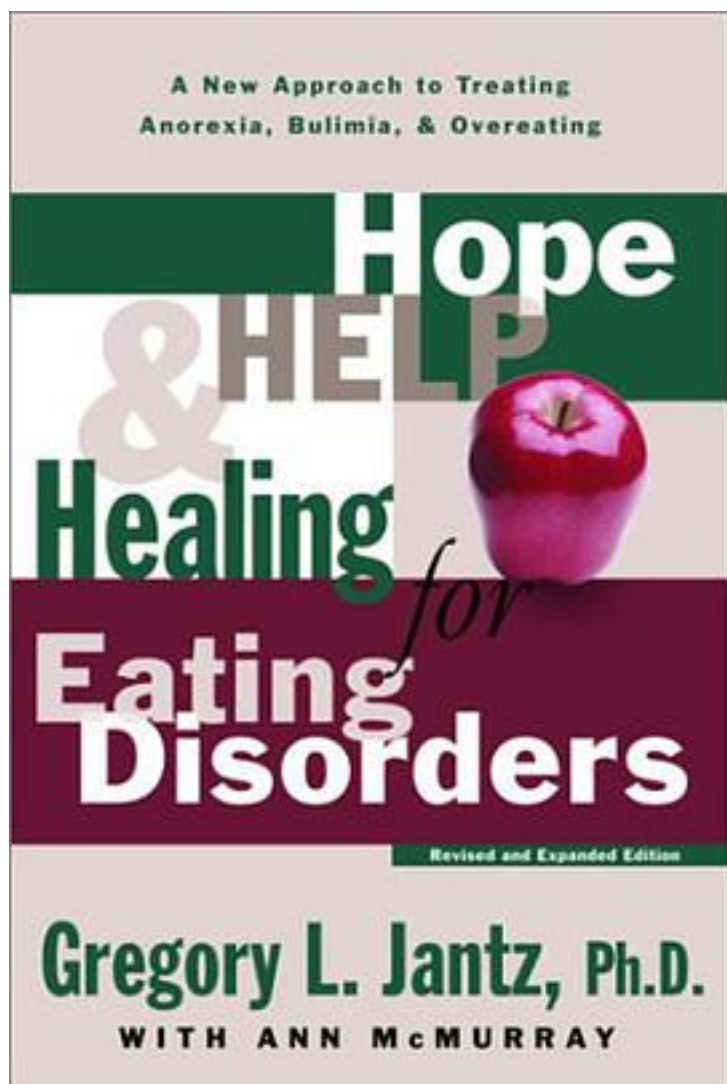


# Hope, Help and Healing for Eating Disorders



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Eating disorders—including anorexia, bulimia, and compulsive overeating—are among the most painful and difficult illnesses a person can face. Sufferers know firsthand the confusion and agony these illnesses can bring. They also know how it feels to long for hope—and to wonder if victory can ever be achieved.

The truth is, eating disorders affect the whole person. Yet treatments often focus on emotional issues alone. In this powerful book for individuals who suffer from eating disorders and those who love them, Dr. Gregg Jantz fills in the gaps left by traditional treatment programs, tackling not only the emotional, but also the crucial and all-too-often ignored relational, physical, and spiritual dimensions of healing.

Outlining a comprehensive, holistic, and practical approach, Hope, Help, and Healing for Eating Disorders brings spiritual, relational, and physical elements back into the healing process. Described by best-selling author and physician Lendon Smith, author of Feed Your Kids Right, as “the most helpful book on eating disorders there is,” this book will, with God’s help and grace, lead readers out of their bondage to eating disorders and permanently transform lives.

作者介绍:

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