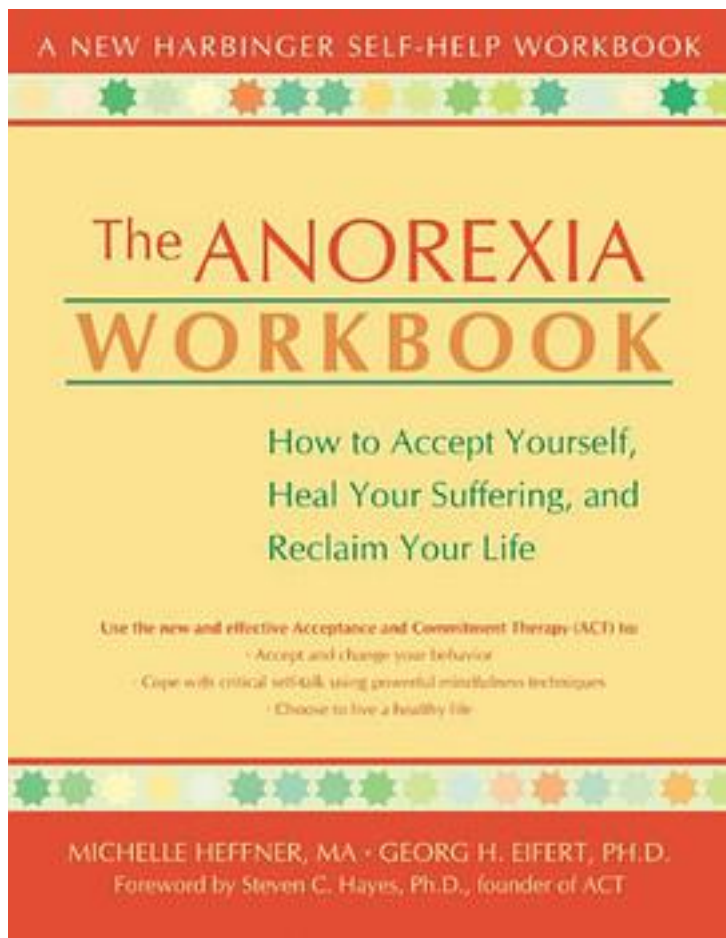


The Anorexia Workbook



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Leading researchers in acceptance and commitment therapy suggest to readers struggling with anorexia that strategies to control their disorder are themselves problems. Instead, they use the techniques of acceptance and commitment therapy,

or ACT, to teach how better to cope with out-of-control emotions and thoughts. The aim of this book is to teach anorexia sufferers how to redirect the drive for thinness to achieve more healthful goals.

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