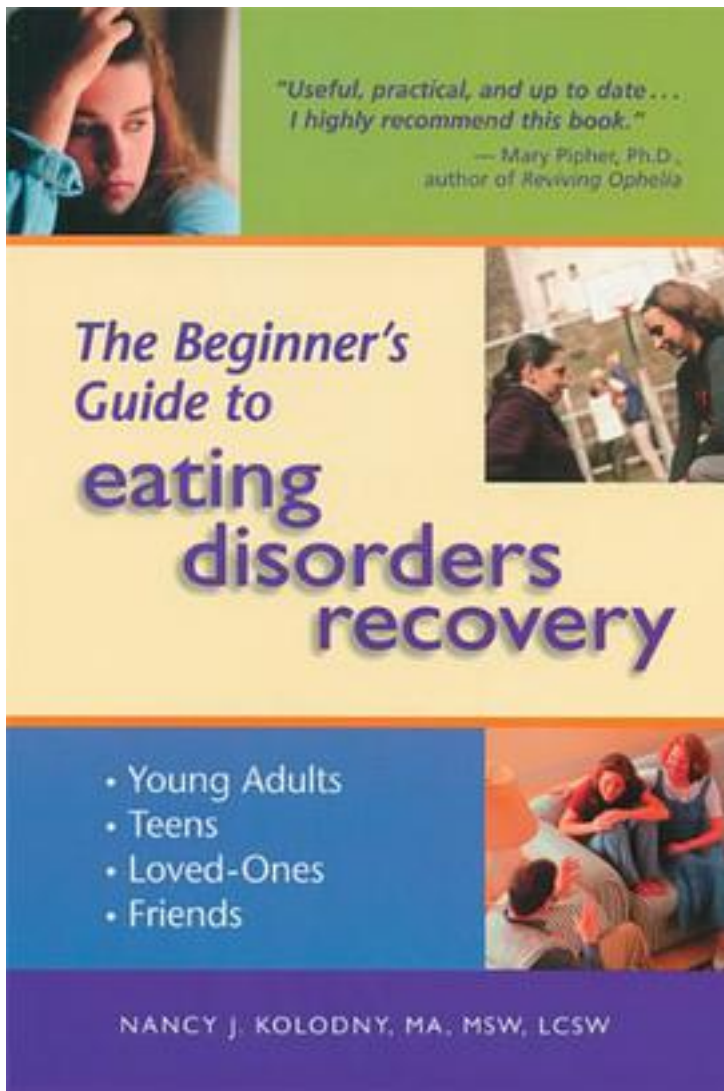


The Beginner's Guide to Eating Disorders Recovery



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Written for high school and college-aged readers and their loved ones, this self-help guide provides the latest information on eating disorders for anyone confronting these problems for the first time. The author encourages both young men and women to take charge of their lives by understanding and acknowledging their illness, learning more about it, and starting a practical course of action. Questions and answers are at the heart of the book, offering a range of ways for readers to pinpoint problems, identify negative triggers and diffuse them. The conversational text includes insights and inspiring quotes from the author's clients and readers. Included are special sections on athletes, tips for avoiding relapse, basic facts about nutrition, and the role of families in recovery.

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