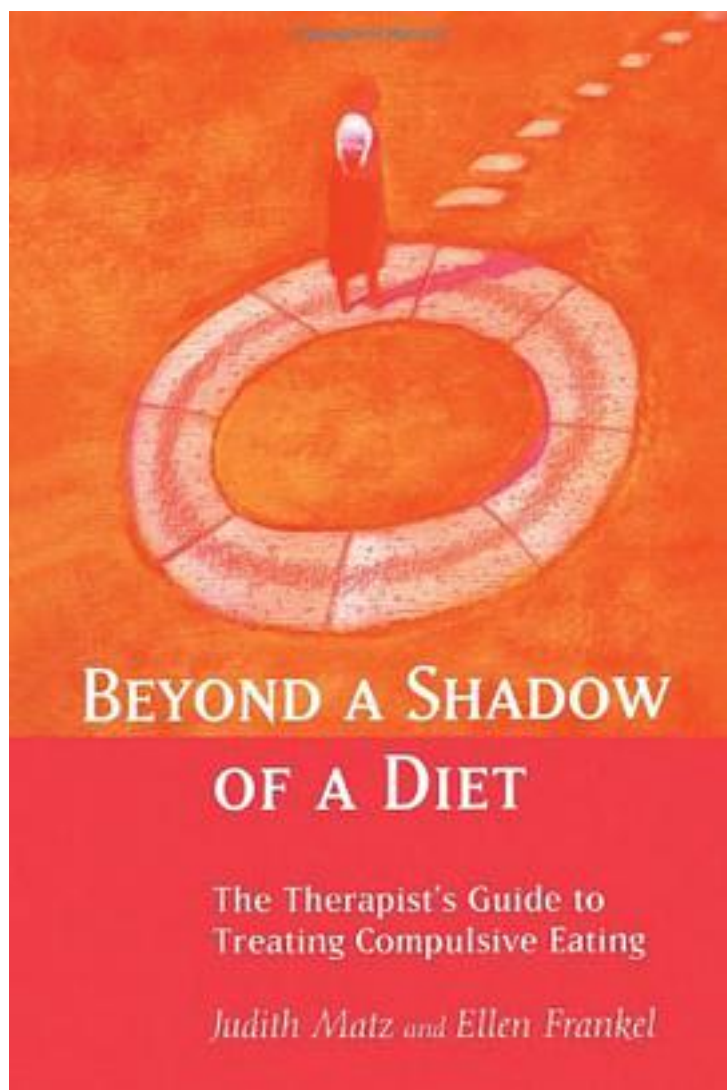


Beyond a Shadow of a Diet



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出版者:Routledge

出版时间:2004-6

装帧:HRD

isbn:9780415946094

This accessible volume will guide therapists of all disciplines through step-by-step treatment of compulsive eating. The authors introduce the new research related to health, weight, fitness and diet failure, and then discuss a treatment method which advocates eating as guided by physiological signal: eating when you are hungry and stopping when you are full. The book offers tools for therapists to recognize compulsive eating patterns, use their training to address underlying psychological difficulties, and implement therapeutic principles for healing. Beyond a Shadow of a Diet provides concrete steps for establishing a normal relationship with food and methods for understanding and treating the psychological aspects of compulsive eating.

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