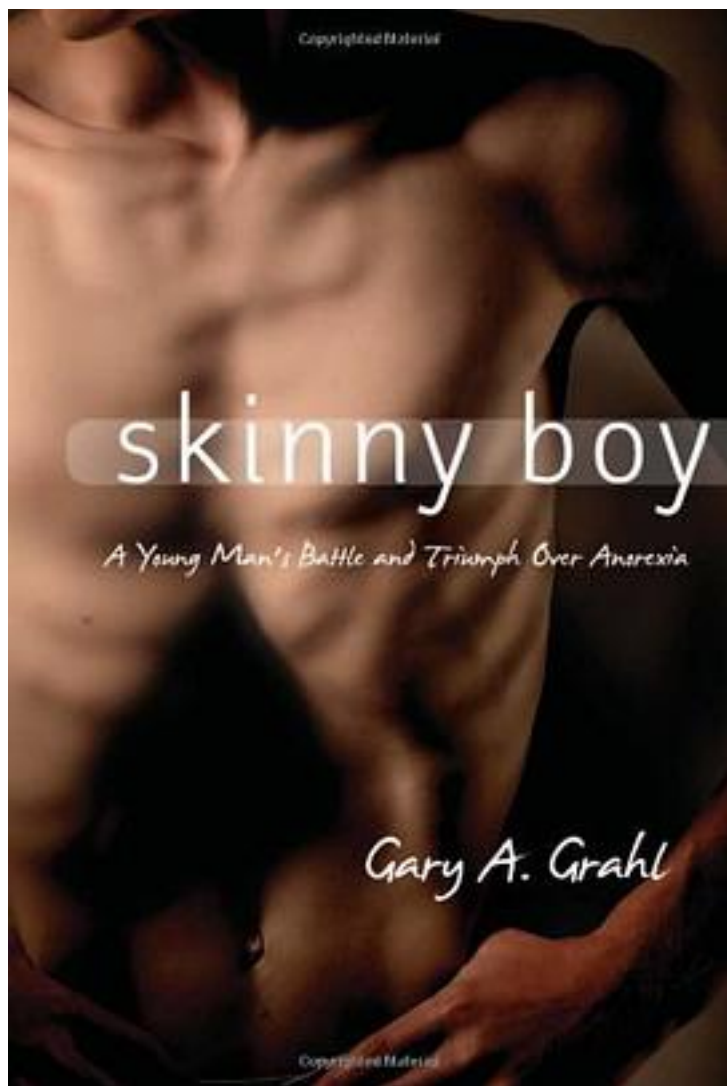


Skinny Boy



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著者:Grahl, Gary A.

出版者:Independent Pub Group

出版时间:2007-10

装帧:Pap

isbn:9780976154747

Challenging the assumption that anorexia is an exclusively female affliction, this compelling memoir is the first to describe how a young man overcame this often fatal disorder. Handsome and popular, Gary had baseball abilities that had attracted the attention of the big leagues, until a shaming inner-voice convinced him that he needed to be thinner, leading to an out-of-control compulsion to exercise and starve himself, causing multiple hospitalisations. Providing strategies for tackling the recovery process and examples of changes in the thinking needed to take those steps, this important narrative comes at a time when eating disorders are at an all-time high in America, afflicting more than 8 million men. Demonstrating how anyone can win the internal battle between mind and body, this much-needed biography offers therapists, sufferers, and their families with powerful tools to help them triumph over this life and death battle.

作者介绍:

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