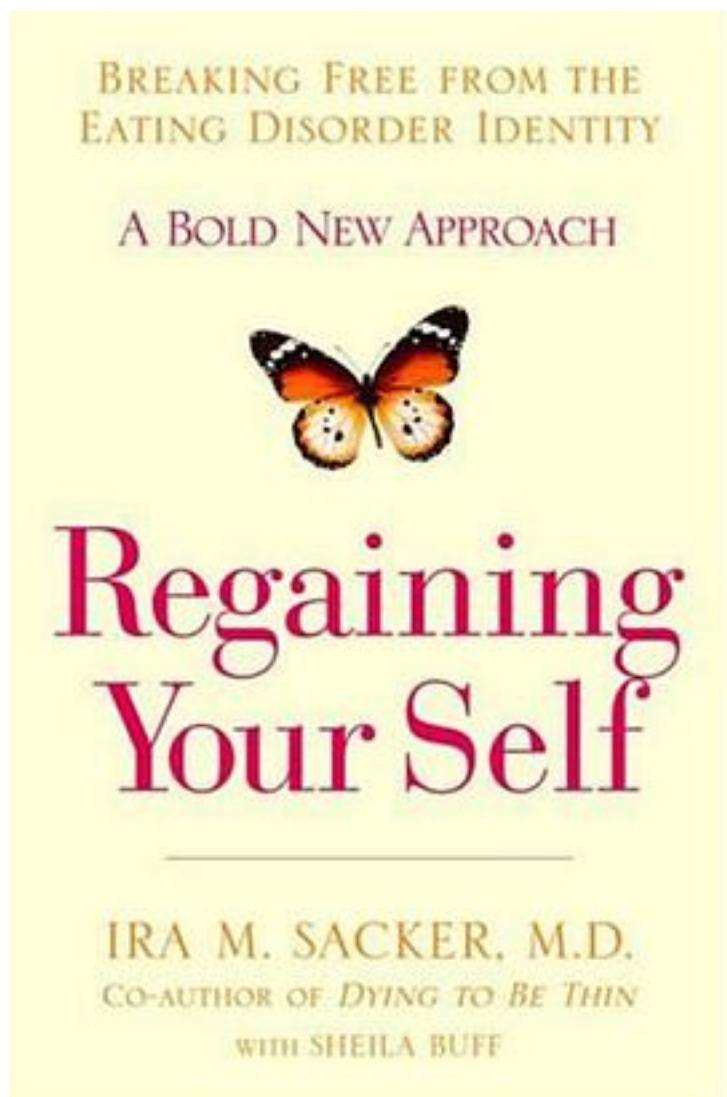


Regaining Your Self



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A new understanding and approach to eating disorders from a renowned expert, coauthor of the classic *Dying to Be Thin* Nearly 5 percent of Americans face an eating disorder -- and eating disorders have the highest mortality rate of any mental illness. Long considered an affliction of young women, they are now common among young men, middle-aged women, and even children as young as five. This is a health crisis of epidemic proportions. *Regaining Your Self* offers hope in the battle against eating disorders through a radical new therapy technique pioneered by Ira M. Sacker, M.D. A leader in the field, Dr. Sacker has been treating patients with eating disorders for thirty-five years. This breakthrough book, filled with firsthand accounts from patients, family members, friends, and others, provides what patients and their families desperately need: a therapeutic model that heals.

作者介绍:

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标签

评论

简单易读，anxiety, perfectionism and an obsessive personality make fertile ground for the growth of an eating disorder. Discover passion, rebuild confidence and adopt healthier identities.

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书评

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