

Surviving an Eating Disorder, Third Edition

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"Clear, wise, and eminently useful advice. This book offers solid and specific guidelines for understanding and change."

—HARRIET LERNER, Ph.D., author of *The Dance of Anger*

SURVIVING AN EATING DISORDER

*Strategies for
Family and Friends*

THIRD EDITION • Revised and Updated

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Surviving an Eating Disorder has become a classic since it was first published in 1988. It was one of the first books to offer effective support and solutions for family, friends, and all others who are the "silent sufferers" of eating disorders. This updated and revised edition provides the latest information on how parents, spouses, friends, and professionals can thoughtfully determine the right course of action in their individual situations. With its combination of information, insight, case examples, and practical strategies, Surviving an Eating Disorder opens the way to new growth and helpful solutions in your relationship with your loved one.

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