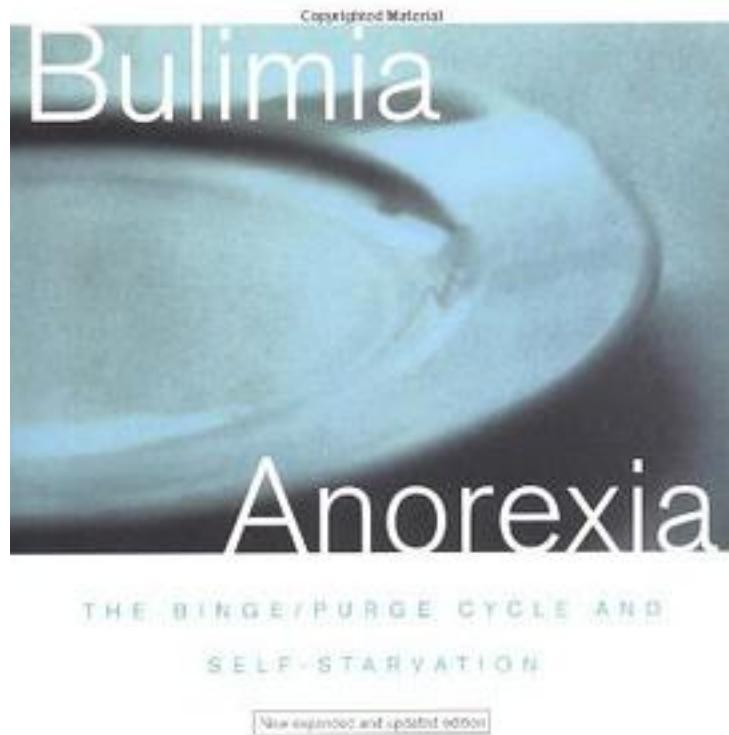


Bulimia Anorexia



"A liberating and uplifting book...For anyone interested in eating disorders, this is an essential read." -TLC NEW THERAPY

MARLENE BOSKIND-WHITE, PH.D., WILLIAM C. WHITE, JR., PH.D.

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Here is a basic source of information on the dynamics of eating disorders, written by two therapists who pioneered in treating them. This accessible and empowering book now adds four new chapters: "Anorexia Nervosa: Sociocultural Perspectives," "Intensive Psychotherapy with Anorexics," "Surviving Managed Care" (addressed especially to therapists), and "Our Daughters, Ourselves." The book includes stories of bulimic and anorexic women in their own words sympathetic peer-group voices to encourage women who have begun treatment or are considering it. The author also describes new school and college programs designed to help students who have eating disorders. Marlene Boskind-White draws on twenty-five years of clinical experience to set forth what actually works to combat and overcome bulimia and anorexia, focusing on ways to strengthen positive attitudes and develop practical coping skills. She evaluates new therapies and new medications such as Prozac and presents essential information on physiology and nutrition. "I give this book my unqualified endorsement." Jean Rubel, Ph.D., Anorexia Nervosa and Related Disorders, Inc. "An outstanding contribution to the literature of eating disorders." Albert D. Loro, Jr., Ph.D., former director, Eating Disorders Program, Duke University Medical School

作者介绍:

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标签

评论

饮食紊乱最严重的时候读的，亚马逊上有电子版。今天主页上看见有人讨论饮食紊乱就找出来标记一下这本。写得非常好读，案例也很丰富。但每个案例都充满绝望，完全可以想象那些女孩是多无助。对我来说最有价值的部分是，作者说饮食紊乱这个事情反复是很正常的。就，很多人生的问题不要老想着去根治它，而是要努力跟它尽可能平和地共存。

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书评

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