

# The Invisible Man



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Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming their problems. "The Invisible Man" applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems. Divided into four sections, this evidence-based survival kit covers: the wider cultural context of male body image problems; features unique to men; science fact and science fiction; and a 7 stage approach to treatment. By combining the science of cognitive behaviour therapy with motivational enhancement and problem-solving therapies, "The Invisible Man" will provide help to all men with body image disorders, as well as families and professionals involved in their care.

作者介绍:

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