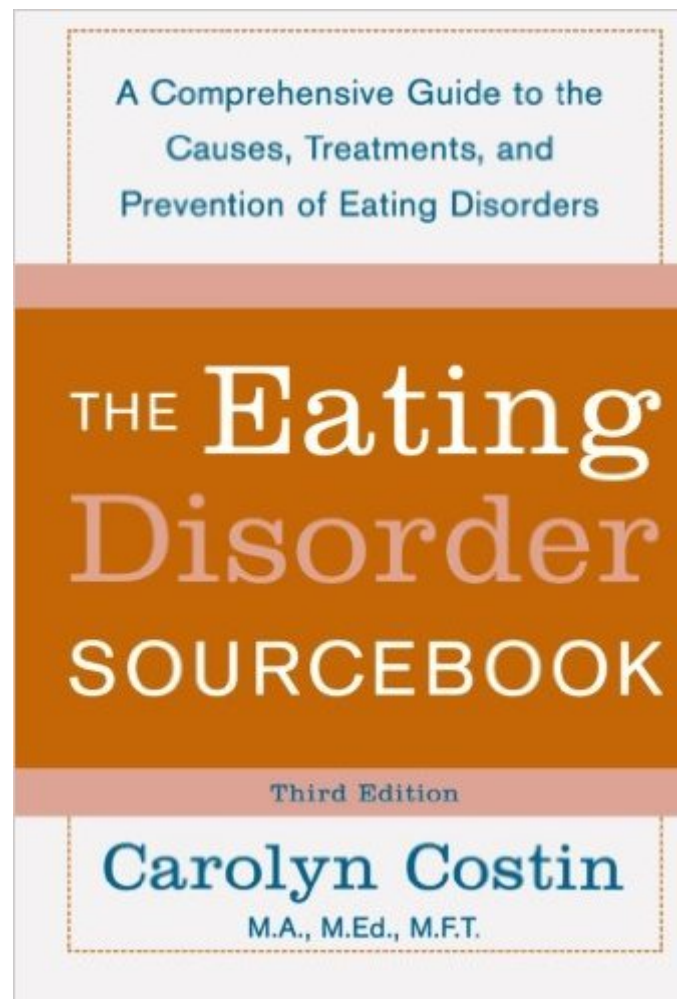


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# The Eating Disorders Sourcebook: A Comprehensive Guide To The Causes, Treatments, And Prevention Of Eating Disorders (Sourcebooks)



## Synopsis

Sound, sensitive advice for overcoming an eating disorder Anorexia, bulimia, binge eating, exercise addictions . . . these disorders can be devastating, but they are in no way unbeatable. Therapist Carolyn Costin, herself recovered from anorexia, brings three decades of experience and the newest research in the field together, providing readers with the latest treatments, from medication and behavioral therapy to alternative remedies. Whether you are living with an eating disorder or you are a loved one or professional helping someone who is, The Eating Disorder Sourcebook will help you: Recognize and identify eating disorders Discover and work with the underlying causes of an eating disorder Make the right choices when comparing treatment options Understand what is expected in individual, group, and family therapy Know when outpatient treatment is not enough and what else can be done

## Book Information

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (23 customer reviews)

Best Sellers Rank: #154,978 in Books (See Top 100 in Books) #171 inÂ Books > Self-Help > Anxieties & Phobias #181 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #217 inÂ Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

## Customer Reviews

Whether you're a clinician treating eating disorders, a client struggling with one, or a significant other witnessing a loved one in the throes of an eating disorder, this book will likely prove to be quite a valuable resource. A quick look at the table of contents shows the breadth of content it covers:Chapter 1: From Diet to Disorder: Problems and PrognosisChapter 2: Young, White, and Female: Myth or Reality?Chapter 3: Activity Disorder: When a Good Thing Goes BadChapter 4: Genes or Jeans: What Causes Eating Disorders?Chapter 5: Eating Disorders as Adaptive FunctionsChapter 6: To Those Who Love Them: Guidelines for Family and Significant

Others  
Chapter 7: Assessing the Situation  
Chapter 8: Treatment Philosophy and Approaches  
Chapter 9: Individual Therapy: Putting the Eating Disorder Out of a Job  
Chapter 10: Sharing the Pain and Promise in Group  
Chapter 11: Family Therapy: Working with Families and Significant Others  
Chapter 12: Enough About Your Mother, What Did You Eat Today?  
Chapter 13: Medical Assessment and Management  
Chapter 14: The Psychiatrist's Role and Psychotropic Medication  
Chapter 15: When Outpatient Treatment Is Not Enough  
Chapter 16: Alternative Approaches to Treating Eating Disorders  
Chapter 17: Increasing Awareness and Prevention  
In addition to providing such a comprehensive overview of the development, treatment, and prevention of eating disorders, it is written in an easy-to-digest (hard to resist the pun) form, with an effective mix of facts, suggestions, and clinical examples. I was impressed with how well each bite-sized chapter communicates the essence of its individual topic, and also offers additional resources for deeper learning.

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Hair Loss Solutions: Causes, Prevention and Treatments  
Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series)  
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