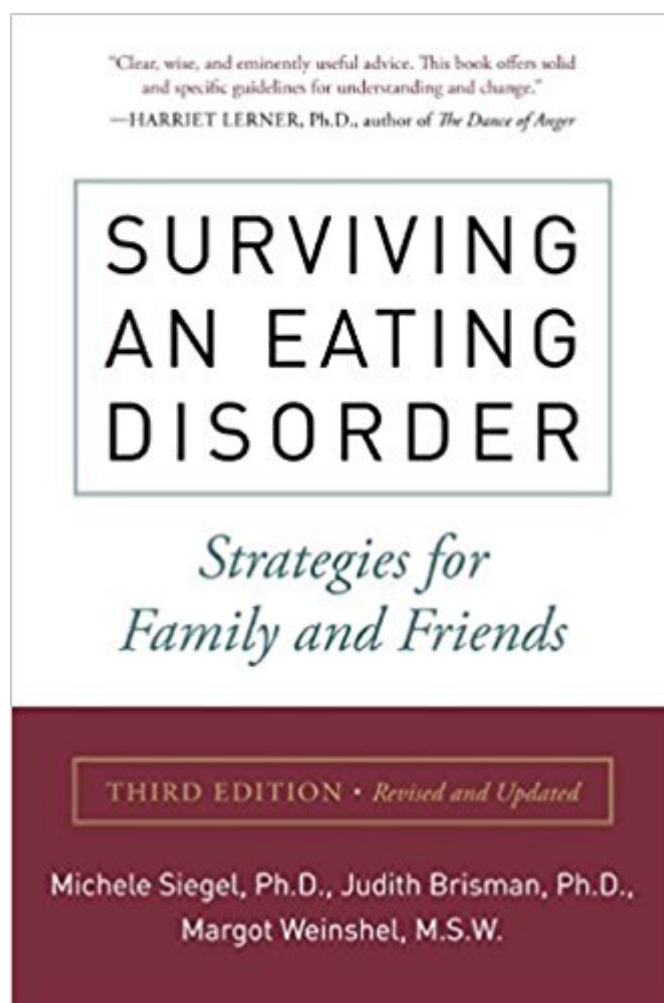


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# Surviving An Eating Disorder: Strategies For Family And Friends



## Synopsis

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.

## Book Information

Paperback: 288 pages

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Average Customer Review: 4.6 out of 5 stars 25 customer reviews

Best Sellers Rank: #70,219 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #3968 in Books > Health, Fitness & Dieting > Psychology & Counseling #6833 in Books > Self-Help

## Customer Reviews

Michele Siegel, Ph.D., initiated the idea for this book and was co-founder with Judith Brisman of the Eating Disorder Resource Center. She died in 1993. Judith Brisman, Ph.D. (left), the director of the Eating Disorder Resource Center, is on the faculty of William Alanson White Institute and has a private practice in New York City. Margot Weinschel, M.S.W. (right), is on the faculty of the Ackerman Institute for the Family, is a clinical instructor in the Department of Psychiatry of NYU Medical School, and has a private practice in New York City.

Included helpful strategies to try and relieve the tension in the house related to food.

Must have book if someone you love is struggling with this disease.

An eating disorder counselor suggested this book to help understand a family member struggling.

book arrived in great shape!

Great book for both family members and professionals.

Great book to help families understand what is going on with an eating disorder. Still a very mysterious disease but this helps.

Good advice for someone who has a loved one with Anorexia or Bulimia.

very informative and current

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