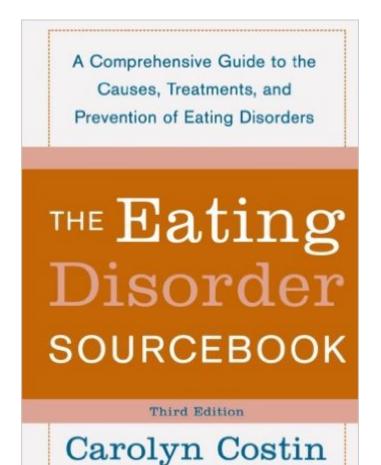
# The book was found

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



DOWNLOAD EBOOK

M.A., M.Ed., M.F.T.

## 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**

Series: Sourcebooks Paperback: 352 pages Publisher: McGraw-Hill Education; 3 edition (January 8, 2007) Language: English ISBN-10: 0071476857 ISBN-13: 978-0071476850 Product Dimensions: 6 × 0.8 × 9 inches Shipping Weight: 1.3 pounds (View shipping rates and policies) Average Customer Review: 4.3 out of 5 stars Â See all reviews (23 customer reviews) Best Sellers Rank: #154,978 in Books (See Top 100 in Books) #171 in Books > Self-Help > Anxieties & Phobias #181 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #217 in 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 OthersChapter 7: Assessing the SituationChapter 8: Treatment Philosophy and ApproachesChapter 9: Individual Therapy: Putting the Eating Disorder Out of a JobChapter 10: Sharing the Pain and Promise in GroupChapter 11: Family Therapy: Working with Families and Significant OthersChapter 12: Enough About Your Mother, What Did You Eat Today?Chapter 13: Medical Assessment and ManagementChapter 14: The Psychiatrist's Role and Psychotropic MedicationChapter 15: When Outpatient Treatment Is Not EnoughChapter 16: Alternative Approaches to Treating Eating DisordersChapter 17: Increasing Awareness and PreventionIn 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.

#### Download to continue reading...

The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) 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) The Budget Wedding Sourcebook (Sourcebooks) Art Therapy Sourcebook (Sourcebooks) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss) Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Understanding the Causes of a Negative Body Image (Hazelden/Rosen Teen Eating Disorder Prevention Books) Trauma, Dissociation, And Impulse Dyscontrol In Eating Disorders (Brunner/Mazel Eating Disorders Monograph Series) Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Body Project: Promoting Body Acceptance and Preventing Eating Disorders Facilitator Guide (Treatments That Work) Tinnitus No More: The Complete Guide On Tinnitus Symptoms, Causes, Treatments, & Natural Tinnitus Remedies to Get Rid of Ringing in Ears Once and for All The Hair Loss Handbook: A Guide to the Causes and Treatments of Hair Loss Dry

Mouth: A Clinical Guide on Causes, Effects and Treatments Blood and Circulatory Disorders Sourcebook: Basic Consumer Health Information about Blood and Circulatory System Disorders, Such as Anemia, Leukemia, (Health Reference) Genetic Disorders Sourcebook: Basic Consumer Health Information About Hereditary Diseases And Disorders (Health Reference Series) Eye Floaters and Flashes: Causes and Treatments

<u>Dmca</u>