



The Parent s Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home (Paperback)

By Marcia Herrin

GURZE BOOKS, United States, 2007. Paperback. Condition: New. Second Edition. Language: English . Brand New Book. The Parent s Guide to Eating Disorders shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family s approach to food and body-image issues and its effect their child s behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.



READ ONLINE
[6.99 MB]

Reviews

This ebook is definitely not simple to begin on reading but really enjoyable to read through. This really is for all who statte that there had not been a worth reading. You may like how the author publish this ebook.

-- **Demetrius Buckridge**

This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.

-- **Curtis Bartell**