



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

Marcia Herrin, Nancy Matsumoto

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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.

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From reader reviews:

Donna Jost:

Spent a free the perfect time to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home can be excellent book to read. May be it may be best activity to you.

Ellis Cook:

Playing with family in a park, coming to see the water world or hanging out with pals is thing that usually you may have done when you have spare time, in that case why you don't try point that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home, it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its known as reading friends.

Tara Thornton:

Your reading sixth sense will not betray you actually, why because this The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home e-book written by well-known writer we are excited for well how to make book that may be understand by anyone who else read the book. Written inside good manner for you, still dripping wet every ideas and publishing skill only for eliminate your hunger then you still hesitation The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home as good book not only by the cover but also with the content. This is one reserve that can break don't evaluate book by its include, so do you still needing yet another sixth sense to pick this particular!? Oh come on your reading sixth sense already said so why you have to listening to yet another sixth sense.

Phil Garcia:

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