

Online Library Rehabilitate,
Rewire, Recover!: Anorexia
Recovery For The Determined
Adult

Rehabilitate, Rewire, Recover!: Anorexia Recovery For The Determined Adult

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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

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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

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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,

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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

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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,

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residential and hospital programs, and references. Skills-based Caring equips carers with the skills and knowledge needed to support those suffering from an eating disorder, and to help them to break free from the

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traps that prevent recovery.
Through a coordinated
approach, it offers detailed
techniques and strategies,
which aim to improve
professionals' and carers'
ability to build continuity
of support for their loved

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ones. Using evidence-based research and personal experience, the authors advise the reader on a number of difficult areas in caring for someone with an eating disorder. This new and updated edition is

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essential reading for both
professionals and families
involved in the care and
support of anyone with an
eating disorder.

"I haven't tasted chocolate
for over ten years and now
I'm walking down the street

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unwrapping a Kit Kat.

Remember when Kate Moss said, 'Nothing tastes as good as skinny feels'? She's wrong: chocolate does." For Christmas I'm giving myself a fresh start. I have to get some extra pounds of weight

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under my belt; I want to make next year the year that everything changes. At the age of 32, Emma Woolf decided to face the biggest challenge of her life: to let go of her addiction to hunger, exercise and

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control, and finally beat anorexia. Having met the man of her dreams (and wanting a future and a baby together), she decided it was time to stop starving and start living. And as if that wasn't enough pressure, Emma

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also agreed to chart her progress in a weekly column for The Times. Honest, hard-hitting and yet romantic, 'An Apple a Day' is a compelling and life-affirming true story of love and recovery.

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We've all been there-angry
with ourselves for
overeating, for our lack of
willpower, for failing at
yet another diet that was
supposed to be the last one.
But the problem is not you,
it's that dieting, with its

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emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages

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natural weight loss, and
helps you find the weight
you were meant to be. Learn:
*How to reject diet
mentality forever *How our
three Eating Personalities
define our eating
difficulties *How to feel

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your feelings without using
food *How to honor hunger
and feel fullness *How to
follow the ten principles of
Intuitive Eating, step-by-
step *How to achieve a new
and safe relationship with
food and, ultimately, your

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body With much more
compassionate, thoughtful
advice on satisfying,
healthy living, this newly
revised edition also
includes a chapter on how
the Intuitive Eating
philosophy can be a safe and

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effective model on the path
to recovery from an eating
disorder.

Stand Tall, Little Girl
Life Lessons from My Silent
Son : an Autism Memoir
Using EFT in Recovery from
Anorexia

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Intuitive Eating, 2nd
Edition

When Your Teen Has an Eating
Disorder

The Accidental Teacher

Restoring Hormonal Health,
Metabolism, Mood, and Your
Relationship with Food

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The Inside Scoop on Eating
Disorder Recovery

When a child develops anorexia nervosa, parents often don't know where to turn for help. My Kid Is Back offers hope and encouragement for parents in fighting this eating disorder.

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Based on the Maudsley Approach, a successful family-based treatment, this book gives parents techniques for taking charge of the illness and helping their child move on with their lives. This is a practical guide that provides a fuller understanding of anorexia

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*nervosa and information about where
to go for help. It also features the
stories of ten families who describe
how they coped and the journeys they
have made in beating the illness.
Former Fitness Model, Bikini
Competitor and Diet-Binge-Purger,*

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*Kayla Rose, Exposes The Harsh
Reality to True Health, Fitness,
Freedom and Happiness with Your
Body. Does this sound like you? "I
CAN'T HAVE ICE CREAM OR
DOUGHNUTS IN THE HOUSE
BECAUSE I'LL BE TEMPTED AND I*

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*CAN'T "CONTROL" MYSELF IF IT'S
THERE.. I CAN'T JUST EAT ONE OR
TWO; I FEAR I'LL EAT THE WHOLE
TUB OR WHOLE BOX IN ONE
SITTING.." "I WAKE UP IN THE
MIDDLE OF THE NIGHT AND
REACH DOWN TO PINCH MY*

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*STOMACH FAT..I CAN'T CROSS A
MIRROR WITHOUT LIFTING MY
SHIRT, BODY CHECKING OR
LOOKING AT MYSELF WITH
DISGUST AND SHAME.." "I CAN'T
LEAVE THE HOUSE UNLESS I
KNOW I'LL HAVE ACCESS TO*

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*CLEAN FOOD INGREDIENTS OR IF
I'LL BE ABLE TO EAT ON
SCHEDULE.." "I'M WORRIED TO
FOLLOW MY HUNGER AND
SATIETY SIGNALS BECAUSE I FEAR
I'LL EAT AND EAT AND EAT UNTILL
I'M OBESE.." I UNDERSTAND*

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*BECAUSE I'VE BEEN WHERE YOU
ARE AND WANT TO HELP YOU
FIND THE FREEDOM I DID.. I
"looked" healthy and fit from the
outside..but felt like death on the
inside.. that's NOT true health.. I was
bedridden, bloated, in pain, my whole*

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body ached, brain fog, fatigued, zilch energy, anxious, fearful, unable to digest any foods anymore, had lost my menstrual cycle, was dizzy and faint, lost my sex drive, lost many relationships, lost my passion for life, and isolated.. Thoughts about food

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were what my life consisted of; yet the foods I craved were "feared and forbidden"... I hated my body, and couldn't resist pinching fat on my body or body checking every time I passed the mirror... I was just trying to be "healthy" and "fit".. I was supposedly

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following the most "perfect and optimal" diets out there?! I was just trying to live up to the [unrealistic and unsustainable] standards and expectations of others, instead of my own... I knew something had to change, I couldn't keep doing what I was

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*doing...I was fading away... my
situation would soon become fatal...
Through my journey, I came to
discover the thing that would bring me
the most health and sanity, was to
break free from the dangerous
restrictions, rules, dietary limitations,*

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body shaming, and overtraining.

Because sometimes you have to go against everything you've learned to be "true" in order to find the answers, results and change you've so desperately been seeking. Damn the Diets was created from my experiences

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*to help those who wish to live a life of
freedom from the fears and guilt
around food, exercise and the
oppression of body image obsession
too. In this book you'll learn about:
Why you're bingeing, gaining weight,
fatigued, anxious, retaining water and*

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*more, Stop the cycle of pleasing,
following, comparing, and shaming,
How to break free from Body
Dysmorphia, My personal story and
experiences in detail, Action steps and
tools in order to successfully recover
from the mental, emotional and*

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*physical damage, Intuitive eating,
overcoming fears around foods and
becoming a "normal eater" again,
Studies behind restrictive and
disordered eating behaviors, and more!
-- Do you deal with low self esteem,
compare yourself to others and*

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*perfectionism? -- Are you sick of trying
every diet or calorie manipulation out
there with no long term success for
weight loss, feeling healthful or
"internal cleanliness and purity?" --
Do you feel extreme hunger, overeat
(binge) and then feel guilty later on*

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about it? Ending up in a never ending diet-binge-purge cycle? -- Do you want to find your body's ideal weight and the best, non restrictive and balanced diet for your physiology and lifestyle - without ever going on a "diet" or extreme lifestyle again? Order now for

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*insight on how to recover for freedom
and quality of life!*

*Have you noticed since starting all this
“healthy” eating, dieting, perfect Paleo
diets, wholesome Vegan escapades,
and all that glorious exercise that you
did in the name of better health and a*

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*better appearance... THAT YOU LOOK
AND FEEL WORSE? Eating pretty
much any overly restricted diet will do
these things to you. Throw some
“healthy” exercise in there with it and
you've got a recipe for shutting down
your entire system. It's all caused by a*

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*drop in metabolic rate. Diet Recovery
is your guide to bringing your
metabolism back up to its ideal level.
When you've had enough and you are
ready to stop dieting forever, get your
health back on track, stop obsessing
over your body fat percentage, be*

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happy, and join the rest of society by eating somewhat normal again, there's no better book in print for you to turn to. No more debilitating New Year's resolutions to run a daily marathon on cabbage soup this year- quit beating yourself, and stop the dieting madness!

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Eat the food!

The creators of Jazz ABZ are back for an encore! With infectious rhythm and rhyme, musical master Wynton Marsalis opens kids' ears to the sounds around us.

Damn the Diets

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BrainwashED

*A Memoir of Love and Recovery from
Anorexia*

*Severe and Enduring Eating Disorder
(SEED)*

*A Guide to Regaining Your Cycles and
Improving Your Fertility*

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*A Guide to the Medical Complications
of Eating Disorders*

Hope Through Recovery

*Theory and Clinical Practice in
Neurological Rehabilitation*

**Authored by members of the
British Bobath Tutors**

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Association, Bobath Concept:
Theory and Clinical Practice
in Neurological
Rehabilitation is a practical
illustrated guide that
offers a detailed
exploration of the
theoretical underpinning and

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clinical interventions of the Bobath Concept. The evolution of the Bobath concept is brilliantly captured in this volume. The recognition that the best inhibition may come from engaging the patient in

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normal activities is an example of the way one of the notions central to the original Bobath Concept has developed. In short, the Bobath Concept lies at the heart of an approach to neurorehabilitation that is

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ready to take advantage of
the rapidly advancing
understanding, coming from
neuroscience, of brain
function in, in particular,
of the effects of and
responses to damage, and the
factors that may drive

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recovery. It is no
coincidence that
neuroplasticity figures so
prominently in the pages
that follow.' Emeritus
Professor Raymond Tallis BM
BCh BA FRCP FMedSci LittD
DLitt FRSA This book guides

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the reader through general principles to more specific application of neurophysiological principles and movement re-education in the recovery of important areas, including moving between sitting and

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standing, locomotion and
recovery of upper limb
function. Bobath Concept:
Theory and Clinical Practice
in Neurological
Rehabilitation will be
invaluable to undergraduate
and qualified

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physiotherapists

/occupational therapists and
all professionals working in
neurological rehabilitation.
Covers the theoretical
underpinning of the Bobath
Concept. Presents a
holistic, 24-hour approach

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to functional recovery.

Focuses on efficient
movement and motor learning,
to maximise function. Forges
links between theory and
clinical practice.

Illustrated throughout.

Patients with eating

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disorders frequently feel
that they aren't "sick
enough" to merit treatment,
despite medical problems
that are both measurable and
unmeasurable. They may
struggle to accept rest,
nutrition, and a team to

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help them move towards
recovery. Sick Enough offers
patients, their families,
and clinicians a
comprehensive, accessible
review of the medical issues
that arise from eating
disorders by bringing

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relatable case presentations
and a scientifically sound,
engaging style to the topic.
Using metaphor and patient-
centered language, Dr.
Gaudiani aims to improve
medical diagnosis and
treatment, motivate

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recovery, and validate the
lived experiences of
individuals of all body
shapes and sizes, while
firmly rejecting dieting
culture.

As seen on ITV's Lorraine
Part memoir, part self-help

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guide, this witty book will take you through the day-to-day struggles of living with an eating disorder. Stand-up comedian Dave Chawner tells the story of how he became anorexic, what his life with mental illness was like, and

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how he started his journey
to recovery. Giving an
anorexic perspective with a
comic delivery, this book
sets out practical tips,
personal anecdotes and
uplifting playlists to give
hope to anyone in a similar

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situation, and provides
insight into what life with
mental illness is like.

Dr. John E. Sarno's
groundbreaking research on
TMS (Tension Myoneural
Syndrome) reveals how stress
and other psychological

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factors can cause back pain-
and how you can be pain free
without drugs, exercise, or
surgery. Dr. Sarno's program
has helped thousands of
patients find relief from
chronic back conditions. In
this New York Times

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bestseller, Dr. Sarno

Adult
teaches you how to identify
stress and other
psychological factors that
cause back pain and
demonstrates how to heal
yourself--without drugs,
surgery or exercise. Find

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out: Why self-motivated and
successful people are prone
to Tension Myoneural
Syndrome (TMS) How anxiety
and repressed anger trigger
muscle spasms How people
condition themselves to
accept back pain as

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inevitable With case

Adult
histories and the results of
in-depth mind-body research,
Dr. Sarno reveals how you
can recognize the emotional
roots of your TMS and sever
the connections between
mental and physical

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pain...and start recovering
from back pain today.

A Simple, Plate-by-Plate
Approach to Rebuilding a
Healthy Relationship with
Food

Brain Over Binge
Management of Complex

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**Presentations of Anorexia
and Bulimia Nervosa**

The New Maudsley Method

**A Revolutionary Program That
Works**

Healing Back Pain

Diet-Induced Eating

Disorders. How You Got

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Sucked in and How to Recover
Rehabilitate, Rewire,
Recover!

*The 10th Anniversary
Edition of the book that has
given hope and inspiration
to thousands who are*

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dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." —Dr. Phil Jenni had been in an abusive relationship with Ed for far

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too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating

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*disorder as a relationship,
not a condition. By thinking
of her eating disorder as a
unique personality separate
from her own, Jenni was
able to break up with Ed
once and for all. Inspiring,*

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*compassionate, and filled
with practical exercises to
help you break up with your
own personal E.D., Life
Without Ed provides hope to
the millions of people
plagued by eating disorders.*

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*Beginning with Jenni's
"divorce" from Ed, this
supportive, lifesaving book
combines a patient's
insights and experiences
with a therapist's
prescriptions for success to*

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*help you live a healthier,
happier life without Ed. This
10th anniversary edition
features a new afterword as
well as sections devoted to
family, friends, and
supporters; how treatment*

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*professionals can use the
book with their patients; and
men with eating disorders.*

*"Of all the great books
written on eating disorders,
none has had a wider reach
than Life Without Ed. Those*

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*suffering have found
connection and hope, family
members have found
understanding and empathy,
professionals have learned
from it and praised it. It will
remain a classic for decades*

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to come." —Michael E.

*Berrett, PhD, psychologist;
CEO and cofounder of the
Center for Change; coauthor
of Spiritual Approaches in
the Treatment of Women
with Eating Disorders "[Life*

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Without Ed] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty,

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*hopeful guide to patients,
carers, professionals, and
anyone else who wants to
understand what it's really
like to live with an eating
disorder and ultimately
triumph over it." —Jennifer*

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J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General

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Hospital "This uplifting book's intimate inner dialogue has energized countless young women—and men—in their own recoveries from eating disorders." —Leigh Cohn,

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*MAT, CEDS, coauthor of
Making Weight: Men's
Conflicts with Food, Weight,
Shape & Recovery "Jenni is
truly a remarkable woman.
She unselfishly shares her
struggles and triumphs in*

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something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to

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know her and her story."

—Jamie-Lynn Sigler, actress

*The upheaval of pregnancy
and new motherhood can
often trigger a relapse for
women recovering from
eating disorders, or*

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*contribute to their
development. This book
supports pregnant women
and new mothers struggling
with changing body image,
eating disorders,
postpartum depression or*

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perinatal anxiety. Many of the emotional challenges of recovering from an eating disorder - isolation, perfectionism and identity issues - are compounded during pregnancy or early

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*motherhood, when women
also have to tackle hormone
fluctuations, food cravings
and perceived pressures to
lose baby weight. The
author combines friendly,
non-judgmental advice and*

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*professional expertise with
candid personal experience.
She offers recovery tools,
support strategies and
realistic advice on how to
make time for self-care
while navigating the chaos*

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of sleep deprivation and feeding schedules. Most importantly, this book will help women let go of social and self-imposed pressures, and embrace being good enough during the massive

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*learning curve of new
motherhood.*

*This book is for anyone who
has a history of disordered
eating, and a womb. If that
womb already has a baby
growing in it, great! You*

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need to read this now. If that womb has plans for a baby in the future, you're going to want to read this in preparation.

A unique and personal look into treatment of eating

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*disorders, written by a
therapist and her former
patient, now a therapist
herself. This is no ordinary
book on how to overcome an
eating disorder. The authors
bravely share their unique*

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*stories of suffering from and
eventually overcoming their
own severe eating disorders.
Interweaving personal
narrative with the
perspective of their own
therapist-client relationship,*

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their insights bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue. For anyone

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who has suffered, their family and friends, and other helping professionals, this book should be by your side. With great compassion and clinical expertise, Costin and Grabb walk readers through

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*the ins and outs of the
recovery process, describing
what therapy entails,
clarifying the common
associated emotions such as
fear, guilt, and shame, and,
most of all, providing*

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*motivation to seek help if
you have been discouraged,
resistant, or afraid. The
authors bring self-disclosure
to a level not yet seen in an
eating disorder book and
offer hope to readers that*

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full recovery is possible.

*Advice from Two Therapists
Who Have Been There*

*A Doctor's Personal Journey
Through Anorexia*

*How One Woman Declared
Independence from Her*

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*Eating Disorder and How
You Can Too*

*How to Not Let an Eating
Disorder Ruin Your
Pregnancy*

*One Man's Recovery from
Anorexia*

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*Surrendering Your Survival
Life Without Ed*

*Anorexia and Bulimia
Nervosa*

***This is a book for
anyone who has ever had
trouble making sense of***

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***nutritional advice, been
on a diet, or is sick
and tired of being told
what to eat. Tabitha
Farrar became ill with
anorexia at seventeen.
She describes her ten***

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***year struggle with the
disease and dispels many
myths about eatings
disorders. During her
recovery, she felt
bombarded with all sorts
of conflicting advice on***

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***food and diet. An avid
researcher, she became
obsessed with
nutritional science and
"healthy" eating.
Despite all the
literature that informed***

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***her she was eating the
right things, her body
rebelled against her low-
fat diet and ultra-
healthy eating plans.
Stuck in a battle
between her head and her***

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***gut, who would have ever
thought that she would
learn to Love Fat.***

***We all get caught up in
our thinking from time
to time - it's part of
what makes us human. But***

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***the stories we tell
ourselves don't need to
define who we are or how
we live our lives. This
is the premise for
Recovery From Within,
which Bea and Rebecca***

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***bring to life through
the insights and
personal stories they
share about their battle
with anorexia. This book
is not a manual or a how-
to guide about the dos***

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Recovery For The Determined,
Adult
***and don'ts of 'treating'
an eating disorder. This
book goes much deeper
and seeks to provide you
with the keys to your
own recovery. It will
teach you how to see***

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***through the illusion
that something is
'wrong' with us. For
anyone struggling with
an eating disorder or
caring for someone who
is, Bea and Rebecca's***

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***journey will resonate
deeply. Yet, while their
challenges were about
anorexia and depression,
the principles uncovered
in their search for
wellness apply to us***

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***all. In January 2008,
Bea was diagnosed with
anorexia nervosa. Since
then, she and her
mother, Rebecca, have
been on a journey
together which has led***

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***to Bea's full recovery.
Bea lives with her
boyfriend in London and
Rebecca works as a
resilience and wellbeing
coach in South Wales.
For four years, Hope***

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***Virgo fought a gruelling
internal battle, keeping
her anorexia hidden from
friends and family.
Having pushed her health
to breaking point, and
with her skin turning***

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***yellow and her heart
failing, it became
impossible to hide.
Barely recognisable,
Hope was admitted to a
mental health hospital
in 2007. Twelve years***

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***on, Hope has been in
recovery from anorexia
for over a decade. But
it hasn't always been an
easy ride, and after a
relapse in 2016 where
she was refused help for***

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***'not being thin enough',
she knew she needed to
raise awareness about
the disease that almost
took her life. And so,
in August 2018, Hope
launched the***

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***#DumpTheScales campaign,
which calls on the
government to review
their guidance on
support for eating
disorders. Since then,
with relentless***

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***campaigning, her
petition has gained over
70,000 signatures and
counting. Stand Tall,
Little Girl is the
inspiring account of how
Hope fought back from***

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***rock bottom, built a
healthy life for
herself, and used her
story to effect real
change for others
suffering from the same
devastating condition.***

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***'Hope writes with
incredible honesty and
openness, her journey is
truly inspirational'
Jonny Benjamin, MBE.***

***'Both insightful and an
inspirational story of***

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**recovery. This is a must
read book' Dame Kelly
Holmes.**

**Rehabilitate, Rewire,
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Recovery for the
Determined**

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**Independent Publishing
Platform**

Anorexia Nervosa

**A Practical Guide to
Long-Term Recovery**

An Apple a Day

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***Supporting Self-Esteem,
Healthy Eating, and
Positive Body Image at
Home***

***A Mother and Daughter's
Journey Through Anorexia
Homeodynamic Recovery***

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Recovery For The Determined
**Method, a Step-By-Step
Adult
Guide**

Love Fat

***Recover from Eating
Disorders***

Based on the authors'
pioneering work and up-to-date

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research at London's Maudsley
hospital, A Cognitive
Interpersonal Therapy
Workbook for Treating Anorexia
Nervosa provides adults with
anorexia nervosa and the
professionals working alongside

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them with a practical resource to work through together. The approach described is recommended by the National Institute of Clinical and Care Excellence (NICE) as a first-line, evidence-based treatment for

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adults with anorexia nervosa. A
Cognitive Interpersonal Therapy
Workbook for Treating Anorexia
Nervosa provides adults with
anorexia nervosa and the
professionals working alongside
them with a practical resource

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to work through together. The manual is divided into accessible modules, providing a co-ordinated, step-by-step guide to recovery. Modules include:
Nutrition Developing treatment goals Exploring thinking styles

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Developing an identity beyond
anorexia. A Cognitive
Interpersonal Therapy
Workbook for Treating Anorexia
Nervosa is a highly beneficial
aid to recovery for those with
the condition, their families and

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mental health professionals.

The prevalence of eating disorders such as anorexia and bulimia nervosa is growing, and these disorders are affecting adolescents and young adults at increasingly younger ages. This

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has led to a greater number of patients presenting to health services. Although novel therapeutic approaches have been introduced in recent decades, the mortality rates of patients with anorexia and

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bulimia nervosa remain alarmingly high. The course of anorexia nervosa in particular is often chronic and can lead to persistent disability. This book covers the clinical features and symptoms, neurobiology,

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pathophysiology, and current and potential future treatment options for both anorexia and bulimia nervosa. It also highlights the important aspects of support for families and their perspectives on these disorders.

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If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support them. That's why you need real, proven-effective

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Recovery For The Determined
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strategies you can use right
away. Whether used in
conjunction with treatment or
on its own, this book offers an
evidence-based approach you
can use now to help your teen
make healthy choices and stay

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well in body and mind. When
Your Teen Has an Eating
Disorder will empower you to
help your teen using a unique,
family-based treatment (FBT)
approach. With this guide, you'll
learn to respectfully and

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lovingly oversee your teen's nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and

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using coping strategies and recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful resource for mental health professionals, teachers, counselors, and

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coaches who work with parents
of and teens with eating
disorders. It clearly outlines the
principles of FBT and the
process of involving parents
collaboratively in treatment. As
a parent, feeding your child is a

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fundamental act of love—it has been from the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help

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you gain the confidence needed to nurture your teen and help them heal.

The highly respected and widely known Anorexia Nervosa: A Survival Guide for Sufferers and Friends was written in 1997.

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This long-awaited new edition builds on the work of the first book, providing essential new and updated research outcomes on anorexia nervosa. It offers a unique insight and guidance into the recovery process for

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those who suffer from an eating disorder as well as advice and information for their loved ones. Written collaboratively by both an expert in the field and someone with personal experience of eating disorders,

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this book offers exceptional understanding of the issues surrounding the illness. Divided into four sections, it includes: an outline of anorexia nervosa coping strategies for sufferers advice and information for

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families, carers and friends
guidelines for professionals who
are involved in the sufferer's
life. Families, friends, carers and
professionals such as teachers
and GPs are encouraged to read
all sections in order to fully

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understand the illness. With an emphasis on collaboration and a layout that enables content to be referenced and read in any order, this book is an essential resource for anyone affected, directly or indirectly, by

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anorexia nervosa.

Adult
A Paradigm of the
Biopsychosocial Model of Illness
Anorexia Recovery for the
Determined Adult
8 Keys to Recovery from an
Eating Disorder: Effective

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Strategies from Therapeutic
Practice and Personal
Experience (8 Keys to Mental
Health)

Empowering Parents To Beat
Anorexia Nervosa

How to Nourish Your Child

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Through an Eating Disorder
A Cognitive-Interpersonal
Therapy Workbook for Treating
Anorexia Nervosa
Sick Enough
A Survival Guide for Families,
Friends and Sufferers

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Eating disorders are usually regarded as acute illnesses that patients either recover or die from. They are rarely classified as ..severe and enduring. in the same way that other mental disorders, such as schizophrenia, can be. Yet, many

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patients suffering from eating disorders struggle with their condition for years. This book introduces SEED as a concept, and draws on detailed case histories to describe its assessment and treatment. The book explores the

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clinical challenge of long-term eating disorders and examines the physical and psychological problems, family issues and difficulties in day-to-day living that patients with SEED can experience. In addition, the book discusses

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treatment approaches, including
Rehabilitation Eating Disorders
Psychiatry, and covers treatment in a
range of different settings.

In *Surrendering Your Survival*,
author Robin Phipps Woodall
describes the perspective of living

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your life while coming out of the self-centered nature of survival mode that was previously controlled by "thin and diet" supremacy belief systems. When a person rejects those belief systems to instead accept herself unconditionally,

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Recovery For The Determined
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survival mechanisms calm down,
and her mind shifts open. As people
are liberated from narcissistic body
images and diet supremacy, they are
left to question how they should eat
moving forward. For this reason,
Woodall describes in Surrendering

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Your Supremacy the science of hunger and satiety, as well as how important these physical senses are when relearning how to eat without fear or shame. The goal is to renew your relationship with your body and food in such a way that they are

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Recovery For The Determined
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not the focus of your life as you move forward. This leads to the glorious and life-saving freedom people experience when they are recovered.

Despite the relevance of eating disorders in the past years, the pure

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core of these mental disorders remains unknown. In this regard, it is not a surprise that the biopsychosocial model is the best way to go forward in order to understand and to improve the different approaches, biological

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(mainly neurobiological),
psychological, and social, in
managing these disorders. Eating
disorders are frequent pathologies,
many times severe and often
devastating for patients and their
families. Biological, psychological,

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and social factors are always involved in these disorders, and knowledge about the influence of these factors helps us to better understand eating disorders. This book includes different studies about main topics of eating disorders and

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is useful for psychologists, doctors
and others interested in this disorder.

The Inside Scoop on Eating
Disorder Recovery is a fresh, smart,
how-to book that helps people with
eating disorders to heal their
relationship with food, their bodies,

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and ultimately themselves. Written from the perspective of two eating disorder therapists, both of whom are recovered from their own eating disorders, the text uses humor, personal narratives, and research-proven techniques to offer specific

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actionable guidelines on how to reclaim one's life from an eating disorder. The authors explain the difference between dieting and eating disorders, break down the stages of recovery, and provide tips on how to thrive in each stage. The

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book provides powerful myth-busting on topics that have historically not been addressed in eating disorder recovery books, such as clean eating and orthorexia, exercising in recovery, and fat positivity. Tangible exercises at the

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end of each chapter provide readers with advice and tips on implementing this approach to recovery in their day-to-day lives. The humorous and down-to-earth tone of the book creates an authentic and genuine feel that leaves those

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who struggle with chronic dieting,
eating disorders, and negative body
image feeling connected and heard.

Life Hurts

The Parent's Guide to Eating
Disorders

No Period. Now What?

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Practical Strategies to Help Your
Teen Recover from Anorexia,
Bulimia, and Binge Eating
How to Kiss Goodbye to Ana
Weight Expectations
Facing Up to Anorexia
Eating Disorder Recovery

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Handbook
Adult

*Do you struggle with Ana
(anorexia) or have a
difficult relationship
with food and body
image? Emotional Freedom
Techniques (EFT) have*

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*the potential to
transform your life and
put you on the path to
recovery. Here, honest
diary extracts relay Kim
Marshall's own struggles
with anorexia and*

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bulimia, including time spent in a residential treatment centre, and how she discovered EFT and learned to quiet the negative voices that were blocking her

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Adult
recovery. Now fully-
recovered and a
certified EFT
practitioner, Kim
explains how to use the
approach as a self-help
tool. Including easy-to-

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*follow EFT scripts and
positive mantras to help
you stay on the path to
recovery, Kim explains
how to use EFT to help
overcome denial and
fears about recovery*

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from anorexia. This candid account of recovery from eating disorders shows how it is possible to deal with underlying emotional issues and achieve a

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more positive mindset.

"Brain over Binge is different than other eating disorder books, which typically present binge eating and purging as symptoms of complex

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*emotional and
Adult
psychological problems.*

*Kathryn Hansen, the
author of Brain over
Binge, disputes this
mainstream idea and
explains why traditional*

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Adult
eating disorder therapy
failed her and fails
many. Kathryn explains
how she came to
understand her bulimia
in a new way- as a
function of her brain,

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*and how she used the
power of her own brain
to recover - quickly and
permanently. Sound
theories and research
support the ideas in
this brave and*

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*refreshing new book,
which holds promise for
helping many who
struggle with any form
of binge eating." --
from author's website, h
[ttp://www.brainoverbinge](http://www.brainoverbinge)*

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.com.

Adult

*The authoritative guide
to recovering from
hypothalamic amenorrhea;
no period due to some
combination of
underfueling*

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*(consciously or not),
Adult
high intensity exercise,
weight that is too low
for you and/or weight
loss, and stress. There
is also a comprehensive
section on fertility and*

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*fertility treatments for
those interested in
getting pregnant.*

*Rehabilitate, Rewire,
Recover! focuses on: -
Nutritional
rehabilitation to heal*

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Adult
the body and "turn off"
the anorexia response. -
Neural rewiring to shift
neural pathways of
restriction, exercise
compulsions, and
anorexia-generated

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Adult
thoughts and behaviours
in the brain. Using
experience from her own
recovery, and accounts
from adults whom she has
worked with as a
recovery coach, Tabitha

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Farrar takes you through the process of building your own, personalised, recovery. As well as non-traditional ideas and concepts, this book delivers a "Toolkit" to

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*help with the neural
rewiring process, and
action-based ideas to
help you eat without
restriction.*

*A Conscious Path to
Eating Disorder Recovery*

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Adult
*How Breakthroughs in
Science Offer Hope for
Eating Disorders*

*How to Recover from
Restrictive Diets,
Dogmas, Eating Disorders
and Body Degrading*

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An Autobiography

*The Recovery Mama Guide
to Your Eating Disorder
Recovery in Pregnancy
and Postpartum*

*Skills-based Caring for
a Loved One with an*

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Eating Disorder

*A Recovery Guide for
Sufferers, Families and
Friends*

*Why I Was Bulimic, Why
Conventional Therapy
Didn't Work, and How I*

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Recovered for Good
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Decoding Anorexia is the first and only book to explain anorexia nervosa from a biological point of view. Its clear, user-friendly descriptions of the genetics and neuroscience behind the disorder is

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paired with first person descriptions
and personal narratives of what
biological differences mean to
sufferers. Author Carrie Arnold, a
trained scientist, science writer, and
past sufferer of anorexia, speaks
with clinicians, researchers, parents,

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other family members, and sufferers about the factors that make one vulnerable to anorexia, the neurochemistry behind the call of starvation, and why it's so hard to leave anorexia behind. She also addresses:

- How environment is still

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Recovery For The Determined
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important and influences behaviors •
The characteristics of people at high
risk for developing anorexia nervosa
• Why anorexics find starvation
“rewarding” • Why denial is such a
salient feature, and how sufferers
can overcome it Carrie also includes

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interviews with key figures in the field who explain their work and how it contributes to our understanding of anorexia. Long thought to be a psychosocial disease of fickle teens, this book alters the way anorexia is understood and

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treated and gives patients, their
doctors, and their family members
hope.

When anorexia nervosa strikes an
individual and her family, everyone
is thrown into confusion by the
mixture of emotions that emerge.

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One of the strongest is fear. The fear arises partially because so much is unknown. What has caused this to happen? What will happen now? What can we do about it? This book is an attempt to answer some of these questions. Unusually for a

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book on anorexia nervosa, this book
includes sections for parents and
other carers alongside a section for
the sufferer herself. So often books
have been written which only give
one perspective. In her work with
patients and families Janet Treasure

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has tried to ensure that family and professionals collaborate and cooperate in order to overcome the power of the illness. Many families have used and commented on various versions of this book, and have helped to form its content.

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Experiences and problems have been shared, and solutions generated.

Anorexia nervosa is a difficult illness to experience and write about because it spans such an extreme range of severity and it can also develop in childhood and adulthood.

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Nevertheless, there is much common ground throughout the range.

Readers are therefore encouraged to use this book as a tool box rather than a new engine and to ask the questions, 'Is this part relevant for me?', 'Can I use it?', 'Shall I try it?',

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rather than trying to fit it all into
place and expecting it to run
smoothly.

This empathetic handbook has been
created for people affected by any
form of disordered eating.

Thoughtfully compiled by

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experienced authors, it will be a comprehensive guide through every stage of your recovery, from recognising and understanding your disorder and learning fully about treatment, to self-help tools and practical advice for maintaining

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recovery and looking to the future.

Each chapter includes suggested objectives, tasks and reflections which are designed to help you think about, engage with, and express your thoughts, feelings and behaviours. It will encourage you to process the

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discoveries you make about yourself
for positive and long-lasting change.
Encouraging quotes are included
throughout from people who have
walked this path and found the help
they needed to overcome their own
disordered eating. You are not alone

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on this journey.

In this practical guide to life in recovery, mental health campaigner and survivor Hope Virgo offers practical and emotional support tools for anyone who has had an eating disorder, whatever the type. The

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book combines her personal
experience with her work with
parents, patients, educators and
health workers. Consultant
Psychiatrist Dr Chi-Chi Obuaya
lends his clinical experience and
knowledge, giving additional

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guidance and advice throughout.

Learn about Hope's story, the myths about eating disorders, and where you may be in your own recovery.

Look at the building blocks for a successful recovery, and the situations you may encounter in daily

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life that will challenge your recovery. Hope unpicks how to cope and learn from these experiences. Finally, she looks at the possibility of relapse, and how to deal with this if it happens to you. Read from beginning to end or dip in and out

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when you need extra support and help. This is the book Hope wished she'd had when she was fresh out of hospital and entering back into the 'real world'.

Diet Recovery

Recovery from Within

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My Kid Is Back

Bobath Concept

Eating Disorders

Decoding Anorexia

The Mind-Body Connection

Do you feel out of control with food

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and eating? Stuck in your own body?
Bingeing, overeating, eating
emotionally? Gaining weight and
unable to maintain a healthy weight?
Obsessing about foods 24/7? We have
been made to believe all sorts of lies
about our bodies, eating and how to
sustain a healthy weight. We've been

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told that our body doesn't know how to maintain a healthy weight without calorie counting or exercise. We've been told that losing weight is as simple as eating less and burning more. We've been told that we have to restrict certain foods or we will become addicted and eat until we are sick and

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overweight. We've even been told that we overeat either because we are emotional eaters or because we need to fill a "void" in our lives. Our mindset has become so brainwashed by believing all this diet nonsense that we do not even know how to listen to our own body and how to eat normally.

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Diet-induced eating disorders have become more prevalent in today's society as we see the rise of unrealistic body standards and continuous cycle of yo-yo dieting that keeps us in prison in our own body not knowing that there is a better, much easier and natural solution to health

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and normal hunger cues that keeps you weight in a healthy place without an effort. When you implement strategies outlined in this book you will be able to: Recover from eating disorders and disordered eating habits Eat when hungry, stop when full naturally Lose all desire to binge and

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overeater. No more cravings! Eat whatever you want, when you want and how much you want. No guilt or obsessions around foods! Fast metabolism and healthy hormones! Much improved body image and mental health! Maintain a healthy weight effortlessly even without having

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to exercise! Lose weight without even trying, if overweight! If you want to experience any of this, then this book is for you. If you follow the steps outlined in these pages, you can have all that, too! Imagine how good it feels to do all these things, and how inspiring you are to everybody around

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you! And it's all because you took action and did not look back. You became the kind of person other people look at and say, "I don't know what she did, but I want that, too!" You can be that person! Scroll to the top and click the "buy now" button.

Elizabeth McNaught was admitted to a

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hospital and extensive inpatient care for anorexia when she was 14. Now a doctor, she shares her story in the hope of helping parents and teens identify the disease and understand that professional help is needed for this life-threatening illness.

Recover from Eating Disorders:

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Homeodynamic Recovery Method
Step by Step Guide has been developed for adults with eating disorders to provide much needed information on how to achieve remission. Certainly, there are no guarantees when it comes to your journey through recovery, but it can be

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much less intimidating if you are given a compass, a map and some sense of what markers you should look for as you navigate recovery - and that is what this guide sets out to do. The Homeodynamic Recovery Method is an analysis and synthesis of scientific research that demonstrates how

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remission is achieved for adults with eating disorders.

Help your child eat normally again
Parents are the first to know when their child starts behaving differently. Has your son stopped eating his favorite food, or does he refuse to eat out with friends? Has your daughter

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drastically increased her exercise regimen, or become obsessed with health foods? These are among the telltale signs that your child, like millions of others, may have an eating disorder (ED). In this essential guide, registered dietitians Casey Crosbie and Wendy Sterling introduce an all-

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new strategy you can use to help your child at home. The Plate-by-Plate approach is rooted in family-based treatment (FBT)—the leading psychological therapy for EDs. Unlike complicated “exchange” systems, this is simple: Crosbie and Sterling coach you through every aspect of meeting

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your child's nutritional needs, using just one tool—a ten-inch plate. Paired with therapy, this intuitive, visual method is the best way to support your child on the path to recovery. Plus, the authors cover how to talk about diet and weight, what to do while traveling, what to expect from your child's

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doctor, and much more.

The Maudsley Model

Your Guide to Moving Forward when
in Recovery from an Eating Disorder