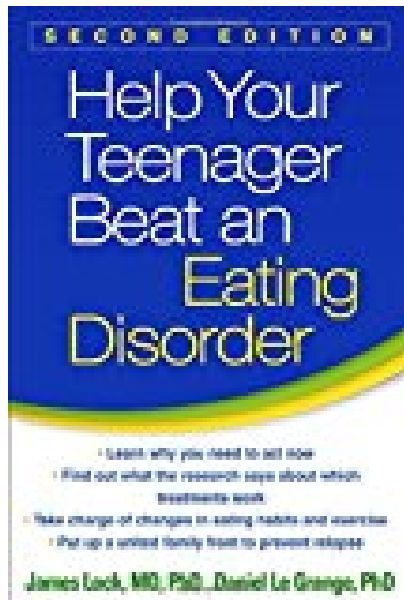


Help Your Teenager Beat an Eating Disorder Second Edition



BOOK DETAILS

- Author : James Lock MD PhD
- Pages : 310 Pages
- Publisher : The Guilford Press
- Language : English
- ISBN : 146251748X

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BOOK SYNOPSIS

Tens of thousands of parents have turned to this compassionate guide for support and practical advice grounded in cutting-edge scientific knowledge. Top experts James Lock and Daniel Le Grange explain what you need to know about eating disorders, which treatments work, and why it is absolutely essential to play an active role in your teens recovery--even though parents have often been told to take a back seat. Learn how to monitor your teens eating and exercise, manage mealtimes, end weight-related power struggles, and partner successfully with health care providers. When families work together to get the most out of treatment and prevent relapse, eating disorders can be beat. This book is your essential roadmap. Featuring the latest research, resources, and diagnostic information, the second edition has been expanded to cover binge-eating disorder.

HELP YOUR TEENAGER BEAT AN EATING DISORDER SECOND EDITION -

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