



The Beginner's Guide to Eating Disorders Recovery

Nancy J. Kolodny

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Questions and awareness activities are at the heart of this book, offering a variety of ways in which readers can pinpoint problems, identify negative triggers" and diffuse them. The text, written in a calm, conversational tone, is sprinkled with insights and inspiring quotes from the author's clients and readers. Ideas are explained in language accessible to teenagers without being condescending. Includes special sections on athletes, tips for avoiding relapse, basic facts about nutrition, and the role that families play in recovery. This is a self-help guide in the truest sense because, while not ignoring the role of the therapist in treatment, it places the primary responsibility for recovery in the hands of the individual, where lasting change must begin.

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