



## An Introduction to Coping with Eating Problems

By Gillian Todd, Peter Cooper

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Eating Problems, Gillian Todd, Peter Cooper, This is a new addition to the popular Introduction to Coping with series of CBT-based self-help booklets. An Introduction to Coping with Eating Problems offers valuable guidance for those affected by anorexia nervosa, bulimia nervosa or binge-eating disorder and concerned friends and family. Eating disorders are a serious mental illness affecting 1.6 million people in the UK and many millions of others worldwide. It can have a devastating impact not only on the sufferer but also on those close to them, particularly family members. This useful self-help guide offers an description of the most common eating disorders plus some useful strategies, based on CBT, to help the sufferer start on the road to recovery. Also contains useful information on how to get specialist help. This practical booklet is a valuable resource for health professionals and family members.



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