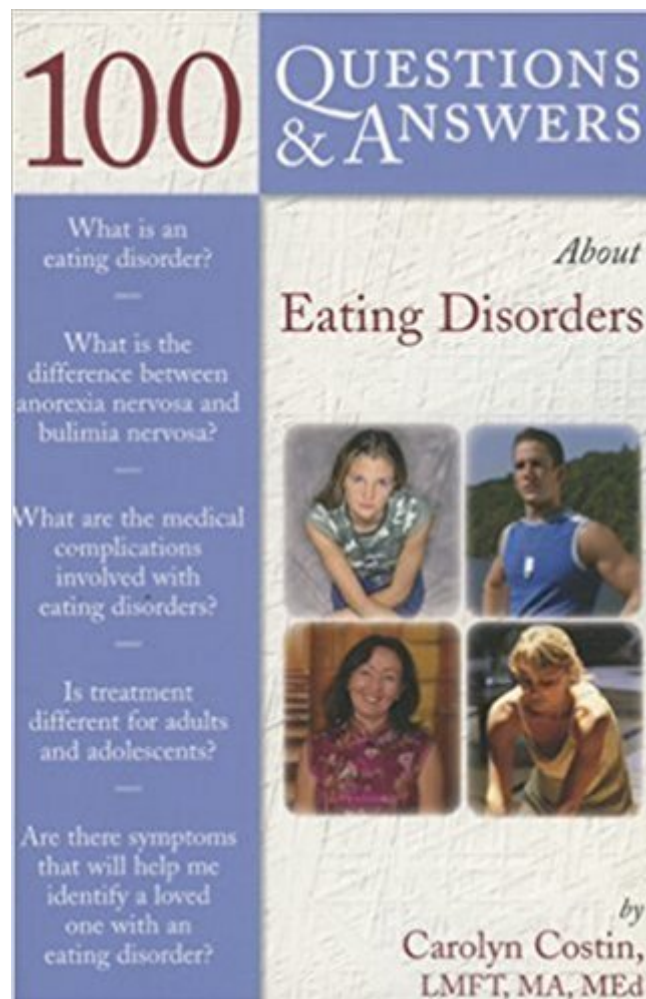


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# 100 Questions & Answers About Eating Disorders



## Synopsis

Approximately 3 percent of all females suffer from anorexia and up to 4 percent suffer from bulimia in their lifetimes. Whether you're a newly diagnosed patient with an eating disorder, or are a friend or relative of someone suffering from an eating disorder, this book offers help. The only text available to provide both the doctor's and patient's views, *100 Questions & Answers About Eating Disorders* gives you authoritative, practical answers to your questions. Written by an expert on the subject, with

## Book Information

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## Customer Reviews

So, I read lots of books on eating disorders. (I'm an eating disorder therapist, and the subject also just endlessly fascinates me.) And, from all this reading, I've discovered a bunch of books that I'd happily recommend to clients and their families. I've recently added this one to that list!For individuals who have recently been diagnosed with an eating disorder--and the friends, family and significant others who support them--this book is a great first step towards gaining a clear overview of eating disorder diagnoses, medical issues, causes, treatment, support, and recovery. (It's also a nice refresher for anyone who wants to brush up on eating disorder essentials.)Divided into ten easily digestible (the puns never get old) sections, this book provides answers to 100 common questions on eating disorders:Part 1. Overview of Eating Disorders:Questions 1-24 discuss the different types of eating disorders and the signs for recognizing an eating disorder, including:1.

What is an eating disorder?2. What is the difference between anorexia nervosa and bulimia nervosa?3. I binge but do not purge. Is that considered an eating disorder?4. Is it true that you can be a normal weight and still have an eating disorder?5. If I only purge my meals but don't ever binge, do I have bulimia?6. My doctor says I have EDNOS. Does that mean my eating disorder is not bad?7. Is obesity an eating disorder?8. My 10-year-old daughter is a very picky eater. Is this an eating disorder?9. Have eating disorders been around historically and for how long?10. When does disordered eating become an eating disorder?11. Is it true that exercise can be a form of purging?12.

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