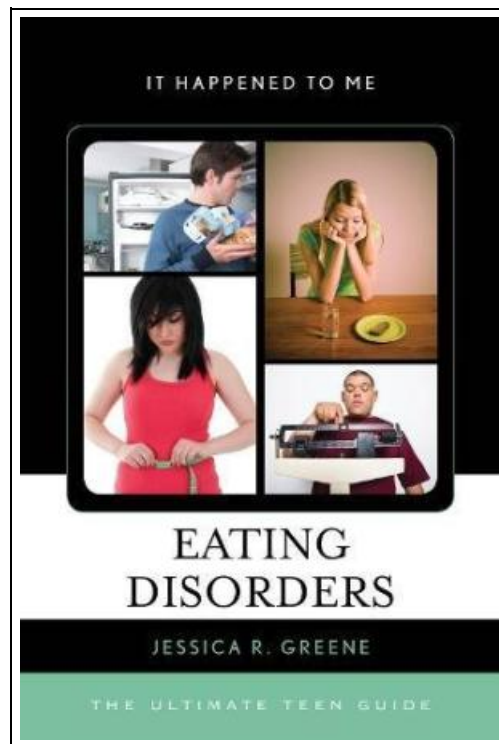


Eating Disorders: The Ultimate Teen Guide (Paperback)



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Reviews

A must buy book if you need to adding benefit. This really is for all those who statte that there had not been a really worth looking at. Your daily life period will likely be change when you complete reading this publication.
(Veronica Hauck DVM)

EATING DISORDERS: THE ULTIMATE TEEN GUIDE (PAPERBACK)



To save **Eating Disorders: The Ultimate Teen Guide (Paperback)** eBook, make sure you access the web link below and save the document or gain access to other information that are have conjunction with EATING DISORDERS: THE ULTIMATE TEEN GUIDE (PAPERBACK) book.

ROWMAN LITTLEFIELD, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. It has been estimated that as many as 15 million people suffer or will suffer from anorexia and bulimia at some point in their lives. Additional statistics suggest that 25 million more suffer from binge eating and other related behaviors. The overwhelming majority of individuals who suffer from eating disorders are girls and young women between the ages of 12 and 25, but young males are not immune to these addictions--and the statistics grow more alarming every year. Eating disorders affect not only those who suffer from them, but family members and friends who feel powerless to help. In *Eating Disorders: The Ultimate Teen Guide*, Jessica R. Greene offers hope for the young women and men who have engaged in these self-destructive urges. In this book, Greene examines the causes and varieties of teen eating disorders and offers advice on how to overcome them. The author looks at how eating disorders are defined, how common they are, and how they are tied into behavioral addictions. In addition to explaining how and why certain people suffer from these compulsions, this book looks at: -Social and Cultural Pressures -High Risk Groups -Myths and Stereotypes -Health Repercussions -Methods of Prevention -Intervention Strategies -Treatment Options -Recovery Intended to serve as a comprehensive guide, this book also includes a list of resources for teens and their parents. Drawing on input from experts in the field, as well as real-life stories, *Eating Disorders: The Ultimate Teen Guide* will help young adults who are struggling with this devastating affliction.



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