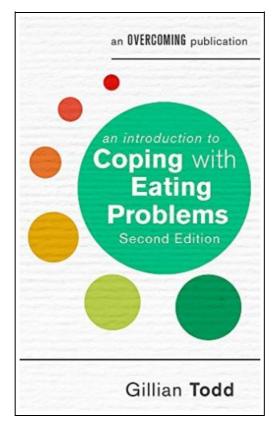
An Introduction to Coping with Eating Problems, 2nd Edition (Paperback)



Filesize: 4.09 MB

Reviews

This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Junius Herman)

AN INTRODUCTION TO COPING WITH EATING PROBLEMS, 2ND EDITION (PAPERBACK)



Little, Brown Book Group, United Kingdom, 2018. Paperback. Condition: New. 2 Rev ed. Language: English. Brand new Book. Eating problems, including anorexia nervosa and bulimia nervosa, can have a devastating impact on sufferers as well as their friends and family. This self-help guide is written by a consultant psychotherapist with extensive experience of treating eating disorders and will help you identify an eating disorder and develop a toolkit of strategies to help you take steps towards overcoming the disorder. It also includes a chapter offering useful guidance for family members. This updated second edition will help you: *Understand how eating disorders develop and what keeps them going * Find the motivation to change * Change how you eat * Challenge negative thinking The Introduction to Coping series offers valuable guidance for those seeking help for emotional or psychological problems such as depression and anxiety. Each book gives useful background information and suggests techniques to change unhelpful patterns of behaviour and thinking using cognitive behavioural therapy (CBT) techniques. CBT is recommended internationally to treat a wide range of emotional, psychological and physical conditions including eating disorders.



Download PDF An Introduction to Coping with Eating Problems, 2nd Edition (Paperback)

Other Books



Anatomy, Physiology, & Disease: An Interactive Journey for Health Professionals Plus Mylab Health Professions with Pearson Etext -- Access Card Package (Paperback)

Pearson, United States, 2019. Paperback. Condition: New. 3rd ed. Language: English. Brand new Book. NOTE: Before purchasing, check with your instructor to ensure you select the correct ISBN. Several versions of the MyLab(TM) and Mastering(TM)...

Read Book

»



Beginning PHP and MySQL: From Novice to Professional (Paperback)

Springer-Verlag Berlin and Heidelberg GmbH & Co. KG, Germany, 2010. Paperback. Condition: New. 4th ed. Language: English. Brand new Book. Beginning PHP and MySQL: From Novice to Professional, Fourth Edition is a major update of...

Read Book

»



Dewalt Electrical Licensing Exam Guide: Based on the NEC 2017 (Paperback)

Dewalt, United States, 2017. Paperback. Condition: New. 5th ed. Language: English. Brand new Book. For years, students have turned to the DEWALT ELECTRICAL LICENSING EXAM GUIDE to prepare for professional licensing exams. Combining vital knowledge...

Read Book

»



Stochastic Portfolio Theory (Hardback)

Springer-Verlag New York Inc., United States, 2002. Hardback. Condition: New. 2002 ed. Language: English. Brand new Book. Stochastic portfolio theory is a mathematical methodology for constructing stock portfolios and for analyzing the effects induced on... Read Book

.



Applied Bayesian Statistics: With R and OpenBUGS Examples (Paperback)

Springer-Verlag New York Inc., United States, 2015. Paperback. Condition: New. 2013 ed. Language: English. Brand new Book. This book is based on over a dozen years teaching a Bayesian Statistics course. The material presented here...

Read Book

»