



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

By Gillian Todd

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.



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