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FIRST STEPS OUT OF EATING DISORDERS (PAPERBACK)



Lion Hudson Plc, United Kingdom, 2010. Paperback. Condition: New. New edition. Language: English. Brand new Book. 'First Steps' is a new series of short, affordable self-help on a range of key topics. In First Steps out of Eating Disorders, Kate Middleton and Jane Smith draw on their extensive experiences as psychologists working with eating disorders. They explain what constitutes an eating disorder, common issues those with eating disorders face, and what to do about getting better. The book is written...

Read PDF First Steps out of Eating Disorders (Paperback)

- Authored by Dr. Kate Middleton, Jane Smith
- Released at 2010



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Reviews

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