



## First Steps Out of Eating Disorders

By Kate Middleton, Jane Smith

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Out of Eating Disorders, Kate Middleton, Jane Smith, '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 primarily for sufferers but with carers in mind, so it should be useful for both alike. Other titles in the First Steps series include: Anxiety, Bereavement, Depression, Gambling and Problem Drinking.



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