



Help Your Teenager Beat an Eating Disorder (2nd Revised edition)

By James Lock, Daniel Le Grange

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Help Your Teenager Beat an Eating Disorder (2nd Revised edition), James Lock, Daniel Le Grange, Tens of thousands of parents have turned to this compassionate resource for support and practical advice grounded in cutting-edge scientific knowledge. Numerous vivid stories show how to recognize and address anorexia nervosa, bulimia nervosa, and other devastating eating disorders that wreak havoc on teens and their families. James Lock and Daniel Le Grange present strong evidence that parents--who have often been told to take a back seat in eating disorder treatment--can and must play a key role in recovery. Whether pursuing family-based treatment or other options, parents learn specific, doable steps for monitoring their teen's eating and exercise habits, managing mealtimes, ending weight-related power struggles, and collaborating successfully with health care providers. Featuring the latest research and resources, the second edition now addresses additional disorders recognized in DSM-5 (including binge-eating disorder).



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