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Note: This article contains novels and topics that may be triggering for those suffering with eating disorders. If you or anyone you know is struggling with an eating disorder, please know that you are not alone.

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This innovative scientific reference and clinical tool is virtually two books in one. Part I thoroughly yet succinctly reviews the literature on binge-eating disorder, covering diagnosis and epidemiology, clinical features and course, links to obesity, medical risks, and current treatment data.

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Of course, while books about eating disorders can be helpful and therapeutic, if you or someone you know is suffering from disordered eating or any related disorders, please get help beyond the written word. If you are in the U.S., the contact helpline for the National Eating Disorder Association is (800) 931-2237. Also consider speaking to a therapist, in person or online.

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Introduction A Touch of Anorexia Jenni Schaefer

Introduction: A Touch of Anorexia excerpt from Almost Anorexic, by Jennifer J. Thomas, Ph.D., Harvard Medical School, and Jenni Schaefer I wish I had just a touch of anorexia. A young woman whispered this to me after I shared my eating disorder recovery story in her school's auditorium. She had waited patiently to talk with me until most of the crowd had dissipated into the humid

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A guide to understanding the types, risks, and signs of eating disorders along with ways to cope and find help.

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Handbook of Eating Disorders Wiley Online Books

This second edition of the Handbook of Eating Disorders offers a comprehensive, critical account of the whole field of eating disorders, incorporating both basic knowledge and a synthesis of the most recent developments in the area.

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Eating Disorders Step UP Program

two what are eating Disorders? an eating disorder is marked by extremes. it is present when a person experiences severe disturbances in eating

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10 Eating Disorder Books That Hit The Mark During NEDA

I read this book during the beginning of my eating disorder recovery, and found it to be uplifting. It offers a lot of practical tools for navigating recovery, and also details the recovery story

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Other Books not read by Dr. Jantz . Surviving an Eating Disorder. Siegel, Brisman, Weinshel. Discusses how the changes in health care have affected treatment and provide additional strategies for dealing with anorexia, bulimia and binge eating disorder.

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Parent National Eating Disorders Association

Directors and other eating disorders experts, the first Parent Toolkit was released in 2008. A revised Parent Toolkit was released two years later. With the continuing advances in eating disorder research and treatment, NEDA realized that another more significant revision was needed. Again, the input of parents, former eating disorder sufferers, and eating disorder experts was used to further

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