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Bulimia Anorexia: The Binge/Purge Cycle and Self Starvation (3rd Revised edition)

By Marlene Boskind-White, William C. White

WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, Bulimia Anorexia: The Binge/Purge Cycle and Self Starvation (3rd Revised edition), Marlene Boskind-White, William C. White, Here is a basic source of information on the dynamics of eating disorders, written by two therapists who pioneered in treating them. This accessible and empowering book now adds four new chapters: "Anorexia Nervosa: Sociocultural Perspectives," "Intensive Psychotherapy with Anorexics," "Surviving Managed Care" (addressed especially to therapists), and "Our Daughters, Ourselves." The book includes stories of bulimic and anorexic women in their own words-sympathetic peer-group voices to encourage women who have begun treatment or are considering it. The author also describes new school and college programs designed to help students who have eating disorders. Marlene Boskind-White draws on twenty-five years of clinical experience to set forth what actually works to combat and overcome bulimia and anorexia, focusing on ways to strengthen positive attitudes and develop practical coping skills. She evaluates new therapies and new medications such as Prozac and presents essential information on physiology and nutrition. "I give this book my unqualified endorsement."-Jean Rubel, Ph.D., Anorexia Nervosa and Related Disorders, Inc. "An outstanding contribution to the literature of eating disorders."-Albert D. Loro, Jr., Ph.D.,....



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