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Eating Disorders and  
Weight 5.1

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# Eating Disorders and Weight

## 5.1

Title: **Overcoming Anorexia Nervosa**

Author(s): **Freeman**

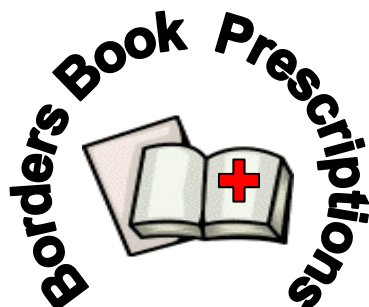
Publisher: **Robinson**

Year: **2002** ISBN: **1854879693**

- Uses cognitive behavioural techniques to give the reader coping skills to overcome anorexia nervosa
  - Explains forms and causes of anorexia nervosa
  - Contains a self-help manual including advice on:
    - Monitoring and changing eating patterns
    - Challenging automatic thoughts
    - Improving body image
    - Assertiveness and anxiety
    - Coping strategies for the future
  - Includes useful thought diaries and self-help monitoring sheets, which can be used as the reader works through the guide
- Good advice but with complex language  
(181 pages)

Readability:  

Cover Price: **£9.99**



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