

1. Record Nr.	UNINA9910465445303321
Titolo	A clinician's guide to binge eating disorder // edited by June Alexander, Andrea B. Goldschmidt and Daniel Le Grange
Pubbl/distr/stampa	Hove, East Sussex [England] : , : Routledge, , 2013
ISBN	0-203-58599-2 1-299-28035-8 1-135-06858-5
Descrizione fisica	1 online resource (301 p.)
Disciplina	616.85/26
Soggetti	Compulsive eating - Psychological aspects Cognitive therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. The search for causes -- pt. 2. The search for solutions.
Sommario/riassunto	Incidence of BED appears to be on the increase. Treating it, and overcoming it, is all the more difficult, especially for those living in a culture that has an intense body image focus. A Clinician's Guide to Binge Eating Disorder educates the reader about its triggers and behaviours - and describes steps to treat it and resume a full and productive life. Evidence-based research outcomes provide the framework and foundation for this book.?? First-person case studies bring application of this science to life to help close the gap between research and treatment/care, and the imp