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Sommario/riassunto	The prevalence of eating disorders such as anorexia and bulimia nervosa is growing, and these disorders are affecting adolescents and young adults at increasingly younger ages. This has led to a greater number of patients presenting to health services. Although novel therapeutic approaches have been introduced in recent decades, the mortality rates of patients with anorexia and bulimia nervosa remain alarmingly high. The course of anorexia nervosa in particular is often chronic and can lead to persistent disability. This book covers the clinical features and symptoms, neurobiology, pathophysiology, and current and potential future treatment options for both anorexia and bulimia nervosa. It also highlights the important aspects of support for families and their perspectives on these disorders.