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Autore	Paterson Anna <1968->
Titolo	Beating eating disorders step by step [[electronic resource] ] : a self-help guide for recovery // Anna Paterson
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2008
ISBN	1-281-78190-8 9786611781903 1-84642-759-2
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Nota di contenuto	FRONT COVER; beating eating disorders: Step by Step: A Self-Help Guide for Recovery; Contents; Introduction: My Story; 1: What are Eating Disorders?; 2: Choosing Recovery; 3: Letting Go of Your Illness; 4: Coping with Guilt; 5: Writing a Thoughts and Feelings Diary; 6: Cognitive Behaviour Therapy; 7: Exposure Therapy; 8: Triggers and How to Deal with Them; 9: Dysfunctional Beliefs; 10: How to Stop Dangerous Behaviours; 11: Anger Management; 12: Anxiety Management; 13: Assertiveness Training; 14: Perfectionism; 15: Building Confidence; 16: Living at a Healthy Weight; 17: Coping with Setbacks 18: Recipes for a Positive Approach to Food Conclusion: The Jigsaw Approach to Recovery; USEFUL RESOURCES; INDEX;
Sommario/riassunto	People living with eating disorders find it hard to take the step of choosing recovery, often because the disorder has developed as a way of 'coping' with problems or stresses in the their life. This book outlines new and positive ways of dealing with eating disorders for people living with eating disorders and their families. A practical workbook written by someone who has lived with eating disorder, it provides advice and strategies to aid understanding and to help the reader to gain c

