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Titolo	The anorexia recovery skills workbook : a comprehensive guide to cope with difficult emotions, embrace self-acceptance & prevent relapse // Catherine L. Ruscitti, PsyD, Jeffrey E. Barnett, PsyD, ABPP, Rebecca A. Wagner, PhD
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Collana	A new Harbinger self-help workbook
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Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	"If you have anorexia, it can be difficult to see yourself clearly, even after treatment. That's why it's so important for you to have resources available to prevent relapse. Written by three psychologists and experts in eating disorders, this important guide provides evidence-based skills blending acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT) to help you recover--and stay on the path to recovery"--