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Titolo	Loving someone with an eating disorder : understanding, supporting, and connecting with your partner / / Dana Harron
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ISBN	1-68403-257-1 1-68403-256-3
Descrizione fisica	1 online resource (175 pages)
Disciplina	616.8526
Soggetti	Eating disorders
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Loving someone with disordered eating -- Eating disorder myths and realities -- How your partner's eating disorder affects you -- Finding empathy to support real healing -- Getting away from negative patterns of relating -- Establishing healthy ways of relating -- How to respond in real-life food situations -- Improving your sex and intimate life -- Fertility, pregnancy, and protecting your kids -- Recovery over time.
Sommario/riassunto	"If your loved one is one of millions of Americans who suffers from an eating disorder such as anorexia nervosa or bulimia, you may feel alone, without guidance or understanding. As a romantic partner, you need to know how to navigate issues such as parenting, sex and intimacy, and running a household. This book provides that help by addressing your uniquely complex and difficult situation, and provides much-needed support for growth and healing. In Loving Someone With an Eating Disorder, you'll find valuable information about eating disorders, diagnostic categories, and common misconceptions. You'll also learn about the importance of self-care and boundaries for yourself, and find writing and perspective-taking exercises to help you gain a greater understanding of your partner's struggle. You'll also learn skills to help you address specific problems, such as managing groceries and meals together, sex and intimacy issues, and concerns about parenting. Finally, you'll find a practical discussion about treatment and recovery from disordered eating--making it clear that

both you and your partner need healing--as well as information about seeking further support." --
