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Sommario/riassunto	Multistep Cognitive Behavioral Therapy for Eating Disorders describes a novel model of cognitive behavior therapy (CBT) for eating disorders called multistep CBT-E (Enhanced) applicable to three different levels of care: outpatient, intensive outpatient, and inpatient). The book illustrates how to build a CBT multidisciplinary team and the practical application of multistep CBT-E, providing a detailed description of three clinical cases treated at different levels of care in real-world clinical settings.<spa