



## The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments and Prevention of Eating Disorders (3rd Revised edition)

By Carolyn Costin

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments and Prevention of Eating Disorders (3rd Revised edition), Carolyn Costin, Sound, sensitive advice for overcoming an eating disorder Anorexia, bulimia, binge eating, exercise addictions .these disorders can be devastating, but they are in no way unbeatable. Therapist Carolyn Costin, herself recovered from anorexia, brings three decades of experience and the newest research in the field together, providing readers with the latest treatments, from medication and behavioral therapy to alternative remedies. Whether you are living with an eating disorder or you are a loved one or professional helping someone who is, The Eating Disorder Sourcebook will help you: Recognize and identify eating disorders Discover and work with the underlying causes of an eating disorder Make the right choices when comparing treatment options Understand what is expected in individual, group, and family therapy Know when outpatient treatment is not enough and what else can be done.



[READ ONLINE](#)  
[ 3.01 MB ]

### Reviews

*Great eBook and beneficial one. Yes, it is actually play, nevertheless an amazing and interesting literature. I found out this book from my i and dad recommended this ebook to understand.*

-- **Jessyca Lubowitz I**

*Comprehensive guide for publication lovers. it absolutely was writtern really flawlessly and valuable. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).*

-- **Rowan Gerlach II**