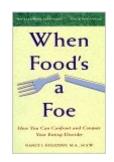
The book was found

When Food's A Foe: How You Can Confront And Conquer Your Eating Disorder





Synopsis

Examines the causes and effects of bulimia and anorexia and discusses ways in which these disorders can be prevented.

Book Information

Paperback: 192 pages Publisher: Little Brown & Co (P); Rev Upd Su edition (April 1992) Language: English ISBN-10: 0316501816 ISBN-13: 978-0316501811 Product Dimensions: 1 x 5.8 x 8.2 inches Shipping Weight: 9.6 ounces Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #7,087,486 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #366721 in Books > Medical Books #804423 in Books > Children's Books

Customer Reviews

Nancy Kolodny's reader-friendly writing style will be a welcome change for those who are seeking help but not finding it in typical scientific-type analyses. The letters from people suffering from Anorexia Nervosa and Bulimia give the reader a marvellously comforting "you are not alone" feeling.An absolutely must-read for anyone suffering from an eating disorder, or family and friends of same.

Download to continue reading...

When Food's a Foe: How You Can Confront and Conquer Your Eating Disorder Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ...

Binge. Will Power, Mindful Eating, Craving) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Vegan Eating: 31 Steps to Become a Vegan: It is not Just About the Food - You Want to Be Healthy, Fit and Change your Diet. Here's How you do It (Health, Vegan Food, Green and Lean) Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too The Rama Epic: Hero, Heroine, Ally, Foe To Oppose Any Foe: The Legacy of U.S. Intervention in Vietnam 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food RecipesCaribbean Food Recipes, Food Processor Recipes,) Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Confront and Conceal: Obama's Secret Wars and Surprising Use of American Power How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1)

0----

<u>Dmca</u>