



Coping with Eating Disorders (Overcoming Common Problems)

Christine Craggs-Hinton

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This book talks about how you can have a healthy relationship with food and with yourself. Body image and eating disorders affect more than one million people in the UK, according to the Eating Disorders Association. Most sufferers are women, but one in 10 are men. While these disorders are more common in those aged 15-25, they can and do start at any age. The most common eating disorders are anorexia, bulimia and compulsive over-eating. Anorexia, which involves depriving the body of food, is more common in young people. Bulimia, characterised by a cycle of starving and bingeing, is more likely in adults. The increase in eating disorders has been blamed on media emphasis on superthin models and ideal bodies, which can affect how people perceive themselves, but the causes of eating disorders are often more complex and are linked to general feelings of self-worth and issues of control. This book looks at eating disorders within the context of general body image and self-perception. Topics covered include: distorted body image and how it can impact on eating habits; anorexia - causes, signs, treatment and how to help; bulimia - causes, signs, treatment and how to help; compulsive overeating - causes, treatment and health risks; getting back to normal eating; body dysmorphic disorder - causes, treatments and health risks; enjoying a healthy relationship with food; and accepting your body and yourself as you are.

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