Beating Your Eating Disorder: A Cognitive-Behavioral Self-help Guide For Adult Sufferers And Their Carers

Glenn Waller

Caring for a child or adolescent with an eating disorder holds the family together, stops someone growing into an adult and having to take adult roles. She dwells heavily on cognitive-behavioural therapy (CBT) techniques but could be easily accessible to her self-help target audience worldwide. About Helen — Helen Cordery Beating Your Eating Disorder has 6 ratings and 1 review. For adults with eating disorders is cognitive-behavioural therapy (CBT). This book presents a highly effective self-help CBT programme for all eating disorders, in an accessible format. Offer valuable information for eating disorder sufferers and their loved ones.