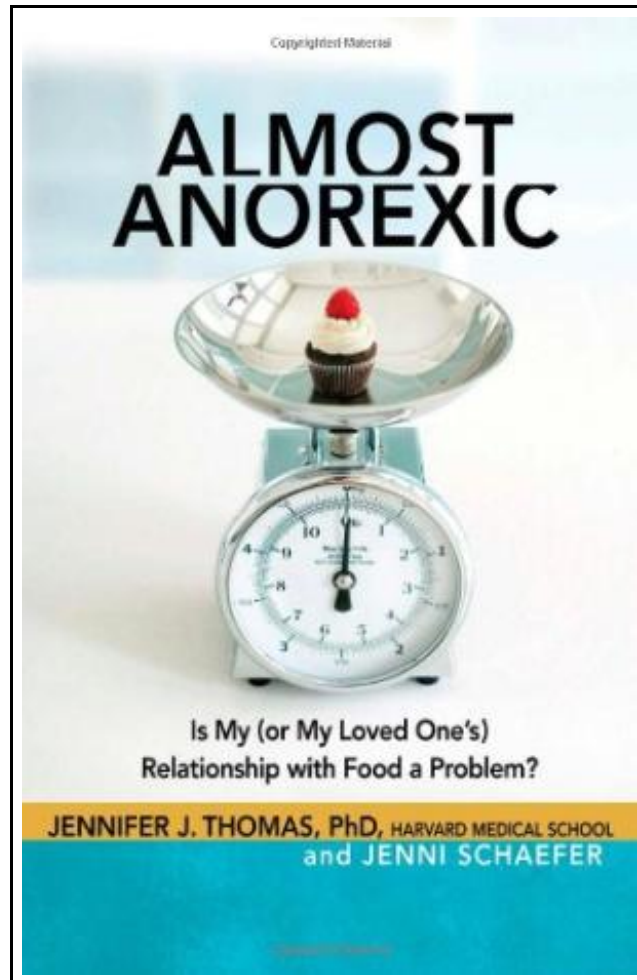


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Hazelden Publishing & Educational Services. Paperback. Book Condition: new. BRAND NEW, Almost Anorexic: Is My (Or My Loved One's) Relationship with Food a Problem?, Jennifer J. Thomas, Jenni Schaefer, Determine if your eating behaviours are a problem, develop strategies to change unhealthy patterns, and learn when and how to get professional help when needed with this practical, engaging guide to taking care of yourself when you are not a full-blown anorexic. Every day millions of us struggle with eating. We stand at the mirror wondering how we can face the day when we look so fat. We over-exercise. We skip meals, go on fad diets, and scan labels for "fat free." Still, we are never thin enough. Sitting down to a meal feels like facing a battle. Many of us suffer from the symptoms and effects of anorexia, but never address the issue because we don't fully meet the diagnostic criteria. One major study estimates that while 1 in 200 adults have experienced the full anorexia syndrome, as many as 1 in 20 have exhibited at least some of the key symptoms. If this is the case for you, then you may be "almost anorexic". With this groundbreaking book, you can get help for yourself or a loved one. Drawing on case studies and the latest research, eating disorder experts Jennifer Thomas and Jenni Schaefer give you the skills to: Understand the symptoms of almost anorexia and its place on the spectrum from normal eating behaviours to a full-blown eating disorder Determine if you (or your loved one's) relationship with food is a problem Gain insight on how to intervene with a loved one Discover proven strategies to change unhealthy eating patterns Learn when and how to get professional help when it's needed.



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