

Eating Disorders: The Journey To Recovery Workbook - , Mona Villapiano

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Two seasoned clinicians with years of experience in the treatment of eating disorders offer this practical tool and adjunct to one-on-one and group therapy. In a readable style, the authors take the reader on a journey toward better mental and physical health, as well as provide an important understanding of eating disorders. This Workbook encourages self-paced learning and practice. The authors guide the reader through a greater consideration of body image, compulsive exercising, and personal and societal relationships. The Workbook also explores complicated issues having a direct effect on the eating disorder, including trauma, depression, abuse, and the media. Author: Goodman, Laura J. Author: Villapiano, Mona Publisher: Routledge Illustration: N Language: ENG Title: Eating Disorders: The Journey to Recovery Workbook Pages: 00238 (Encrypted EPUB) / 00238 (Encrypted PDF) On Sale: 2013-03-07 SKU-13/ISBN: 9781583910580 Category: Psychology : Psychotherapy - Counseling

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