

Overcoming Anorexia Nervosa - Christopher Freeman

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Originally developed as a manual for anorexia patients at his eating disorders clinic in the Royal Edinburgh hospital, Chris Freeman's is the first self-help book based on cognitive behavioural therapy to counter this most notorious and widespread of eating disorders. It occurs most frequently among young women, but affects both men and women of all ages, in all social groups, internationally. The first part of this groundbreaking guide provides an introduction to the subject of anorexia nervosa and its treatment using cognitive behavioural techniques for therapists, sufferers and their families. The second part is a self-help programme for recovery based on the treatment, which the author has used in his work with hundreds of patients. Cognitive Behavioural Therapy is a now internationally established method of treating emotional disorders such as anorexia, depression and panic by changing negative patterns of thought. The Robinson series of self-help guides based on CBT, written by practising clinical psychologists, has proved itself accessible and highly effective, and the series' reputation and sales increase with every year. Author: Freeman, Christopher Publisher: Robinson Illustration: N Language: ENG Title: Overcoming Anorexia Nervosa Pages: 00300 (Encrypted EPUB) On Sale: 2012-11-01 SKU-13/ISBN: 9781472105691 Category: Psychology : Clinical Psychology Category: Health & Fitness : Diseases - General

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