

# Anorexia Nervosa: Hope For Recovery - Agnes Ayton

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Anorexia nervosa is a potentially fatal disorder that is notoriously difficult to treat and provokes feelings of great frustration in carers, families and friends. Child Adolescent Psychiatrist, Dr Agnes Ayton FRCPsych, offers a new perspective, bringing together what is currently known and scientifically verified with her own ground-breaking work combining psychotherapy with nutritional support. Providing sufferers and carers with a knowledge of the full range of treatment options empowers them to make informed choices that can be tailored to the individual's needs. To assist them, Anorexia Nervosa hope for recovery: focuses entirely on anorexia and other eating disorders associated with being significantly underweight; emphasises nutrition, especially what is known about the physical and psychological effects of starvation and the process of recovery from these; offers dietary 'prescriptions', menu plans, and recovery strategies; integrates treatment options, showing how the individual can achieve a balance. This is a practical book helping sufferers and carers to make informed choices that can change the lives of all concerned for the better. Author: Ayton, Agnes Publisher: Hammersmith Health Books Illustration: N Language: ENG Title: Anorexia Nervosa: hope for recovery Pages: 00240 (Encrypted EPUB) On Sale: 2011-03-30 SKU-13/ISBN: 9781905140091 Category: Family & Relationships : General

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