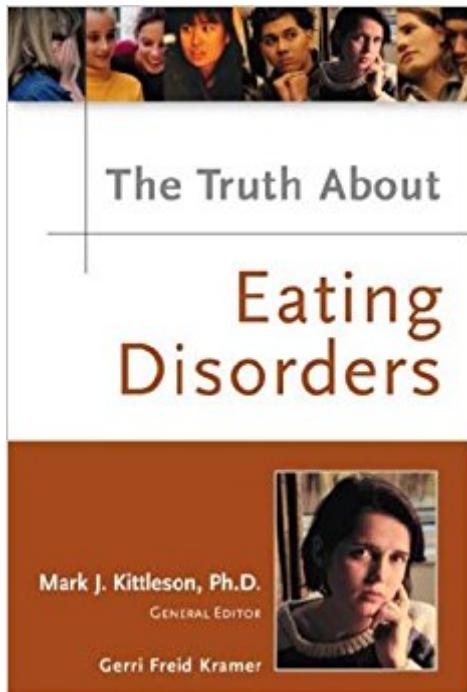


The book was found

# The Truth About Eating Disorders



## Synopsis

According to the National Eating Disorders Association and the National Institute of Mental Health, between five and 10 million Americans suffer from eating disorders. 'The Truth About Eating Disorders' is a comprehensive A-to-Z guide addressing everything from the lifelong effects of anorexia to the pressures and stresses that often lead to one or more of these disorders. Offering important facts, testimonies and demonstrations that illustrate the serious dangers of eating disorders, this volume helps teens find a healthier way to deal with their problems. Personal testimonies and question-and-answer segments provide a real-life perspective, and charts and graphs add a visually stimulating element to this crucial reference. Topics include caloric intake and expenditures, causes of eating disorders, fad diets, obesity, and weight control.

## Book Information

Series: Truth About

Hardcover: 166 pages

Publisher: Facts on File (J) (October 2004)

Language: English

ISBN-10: 0816053006

ISBN-13: 978-0816053001

Product Dimensions: 0.8 x 6.5 x 9.5 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #6,494,973 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #3700 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #16888 in Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) Eating Disorders Anonymous: The Story of How We

Recovered from Our Eating Disorders CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Ultimate Guide Living through the 12 Steps:- How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders, 12 steps) Binge Eating Cure: Overcome Food Addictions & Rid Your Life of Eating Disorders, Volume 1 Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders Understanding Sports and Eating Disorders (Teen Eating Disorder Prevention Book) The Truth About Eating Disorders Entropy: The Truth, the Whole Truth, and Nothing But the Truth Blood and Circulatory Disorders Sourcebook: Basic Consumer Health Information about Blood and Circulatory System Disorders, Such as Anemia, Leukemia, (Health Reference) Introduction to Communication Disorders: A Lifespan Evidence-Based Perspective (5th Edition) (Pearson Communication Sciences and Disorders) Articulation and Phonological Disorders: Speech Sound Disorders in Children (8th Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)