



Eating Disorders: The Facts (The Facts Series)

Suzanne Abraham

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Eating Disorders: The Facts is a comprehensive and accessible guide to the major eating disorders namely anorexia nervosa, anorexia nervosa not for weight or shape, exercise disorder, bulimia nervosa, purging disorder, rumination disorder, binge eating disorder and atypical.

Sympathetically and clearly written, this guide considers why eating disorders occur, and then looks at each in turn, describing the eating behaviours, diagnosis, and treatments available. The opening chapters tackle adolescent eating behaviours and infertility, pregnancy and the postpartum period. Case histories and patient perspectives provide insights into the mind of the eating disorder sufferer, making it easier for patients and their families to relate to the topics discussed.

Revised and updated new topics include contribution of epigenetics (in utero contribution), attachment in perinatal and early years, and the negative and positive impact of the internet and social media. *Eating Disorders: The Facts* provides an authoritative resource on eating disorders that will prove valuable for sufferers and their families.

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