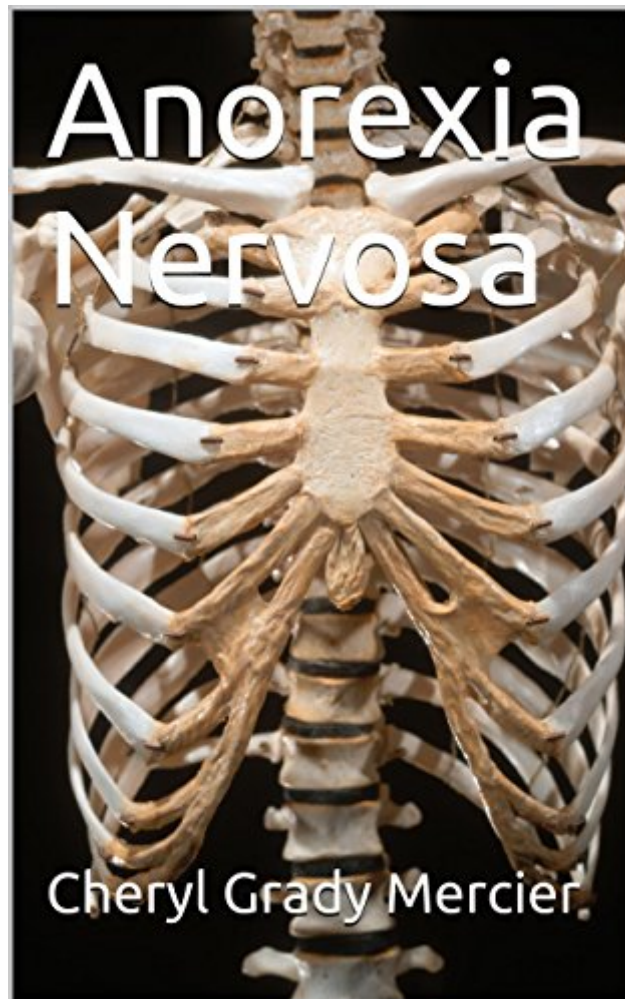


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# Anorexia Nervosa (Eating Disorders Book 2)



## Synopsis

Unlike some books about anorexia nervosa this concise publication is written in easy-to-read and to understand terms. It is an overview of this dangerous eating disorder written for 1. Children, adolescents and young adults with anorexia nervosa 2. Parents and family members 3. Teachers and school staff 4. Counselors and child psychologists

You can't be too thin or too rich. This modern "somewhat cynical" proverb says a lot about our culture. It is an attitude that sells millions of magazines and diet books, sends many people to diet doctors and diet programs and puts thousands of people on exercise regimens whatever is necessary to get or stay thin. This attitude is evident in our culture's choice of role models and heroes, many of whom are featured diet stories in popular magazines. The magazines at the supermarket checkout counter inform about The Celebrity-Eat-Everything-and Stay-Slim-Diet, and more. Very slim people model clothing. Magazines describe fashion models and their eating habits "some models subsisting on a salad a day and lots of ice cubes to keep their pencil-thin figures. Our culture says: Thin is beautiful! Thin is smart! Thin is in! Be thin! Thousands of impressionable young people "mostly young women" decide to do just that. They diet and exercise to attain this ideally thin body. Generally, they stay within reason, but not always. Usually, the brightest and most agreeable children are the ones who decide not just to be thin but also to be the best at being thin, and it becomes an obsession, a disease known as anorexia nervosa. An anorexic stops seeing her body objectively. Girls with anorexia nervosa outnumber boys with anorexia nervosa at a rate of nearly 20 to 1. She sees only a fat, imperfect self even in the face of the near-skeleton that stares back at her from the mirror. Fat is bad. She will not be bad. This fierce dedication to starvation is, to the victim, the height of virtue. To the parents, siblings, teachers, school counselors and friends, it is terrifying. They see the child or young woman so obsessed that she rarely eats. She vigorously exercises for hours. She agonizes over eating small amounts of food. She looks gaunt and emaciated. Family members are right to be concerned. This disease "and disease it is" can be fatal if not arrested in time. Since anorexia nervosa can lead to serious complications, even death, the lives of many young people can depend on the knowledge and understanding contained in this publication. The good news is that with early detection and treatment full recovery from anorexia nervosa is often achieved, though it may take some time for the person with anorexia to completely recover, both physically and psychologically. This concise e-book provides important information about anorexia nervosa, including the answers to 20 revealing questions about "Who is at risk for developing anorexia nervosa?" "What causes anorexia nervosa?" "Why would someone purposely starve herself?" "Is there a certain type of teenager who develops anorexia nervosa?" "What kinds of treatment are

available for anorexics?âWhy is family therapy recommended for anorexics?There is also an explanation of the Average Pattern for Development of Anorexia Nervosa.Five more lists provide additional information about childhood eating disorders such as1.Symptoms for early detection of anorexia nervosa2.Psychological characteristics and physical complications associated with anorexia nervosa3.Checklist of anorexia symptoms that may be evident in a school setting4.Dos and donâts for the family of an anorexic5.Agencies and services to contact for help with anorexia nervosalf youâre searching for help with anorexia nervosa, purchase this e-book! What you learn will help you understand and remedy this dangerous eating disorder and related problems.

## **Book Information**

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