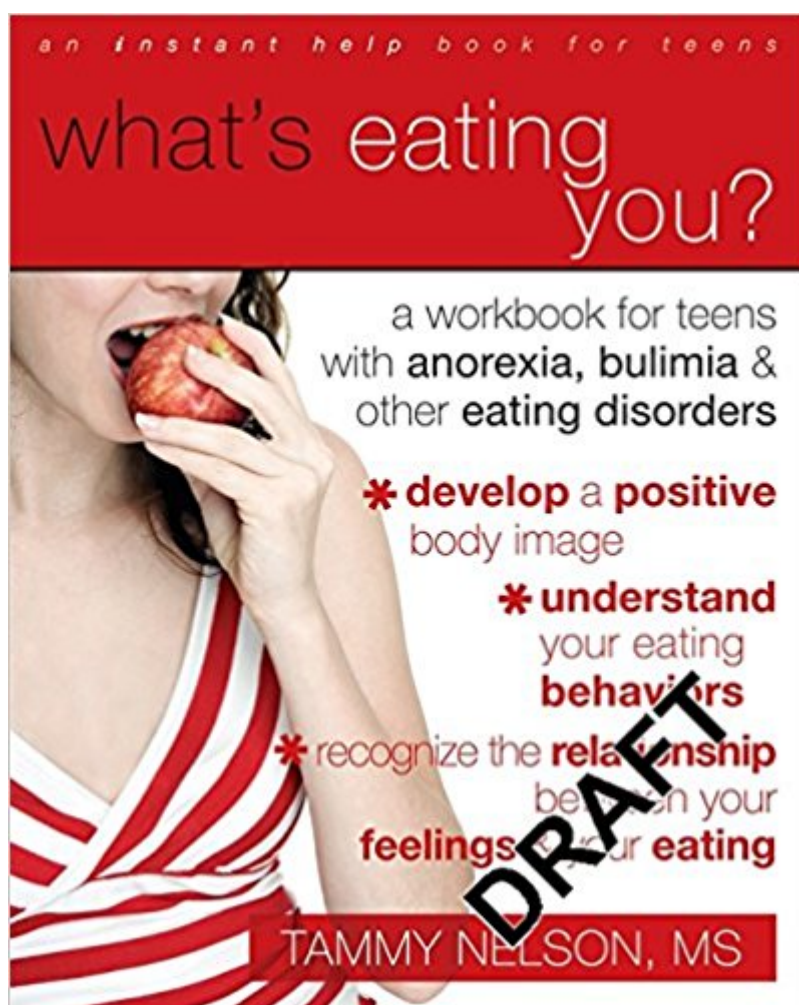


The book was found

What's Eating You?: A Workbook For Teens With Anorexia, Bulimia, And Other Eating Disorders



Synopsis

Living in a culture obsessed with body size and shape, it can be hard to feel good about the way you look. But eating disorders caused by unrealistic body image ideals create much larger problems—diminished self-confidence, unhealthy eating and exercising habits, and an inability to see yourself as a person rather than a number on the scale. This workbook takes aim at the motivations behind your relationship with food and helps you to better understand how your need to control what you eat can end up controlling you. As you complete the worksheets in *What's Eating You*, you'll learn more about the beliefs and experiences that contribute to your disorder. Each worksheet includes questions and exercises targeting the cultural myths, perfectionism, stress, and lack of self-confidence that are often at the heart of a dysfunctional relationship with food. Once these issues are addressed, you'll be able to gather the strength you need to make peace with your body, exude confidence, and live a healthy life.

Book Information

Paperback: 128 pages

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Language: English

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Product Dimensions: 0.5 x 8 x 9.8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 12 customer reviews

Best Sellers Rank: #238,105 in Books (See Top 100 in Books) #30 in Books > Teens > Personal Health > Depression & Mental Health #253 in Books > Teens > Education & Reference > Social Science #479 in Books > Teens > Social Issues

Customer Reviews

Bingeing, purging, excessive dieting, and relentless exercising are all destructive behaviors common among young women with eating disorders. The activities in this book help teenage girls understand how their eating behaviors developed, recognize the relationship between their emotions and their eating, and learn to see their bodies in a positive light.

Purchased for my teen nieces after a particularly difficult and protracted divorce "battle" threw their world into a spin. Not only did they utilize them... the workbooks received rave reviews from their

family counselor! (She called me to "source them", as she plans to use them in her practice.) Definitely worth the price to help a beloved niece, nephew, or other burdened teen make his/her way through the various and difficult challenges faced by so very many of today's youth!

The book is great-very interactive. I wish it had less drawings of feelings as I feel that was juvenile for teenagers and more writing exercises. Overall, a great resource though!

good teen workbook I use it with my eating disorder patients

I run a social skills group for girls and this book will be an amazing tool to use. It is packed with great and relevant activities that are easy to use.

Great item and seller

Love this book, has some great tools to work with teens who suffer from an eating disorder. I recommend it!

Great book. Every counselor should own a copy.

I am a youth therapist and I had hoped this would be a really good workbook to use with my teen clients who have eating or body image issues. So far I am not very impressed. The cover says all the right things but the content is not nearly as helpful as I had hoped.

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You: Inspiring Resistance to Anorexia/Bulimia (Norton Professional Books) Hope and Recovery: A Mother-Daughter Story About Anorexia Nervosa, Bulimia, and Manic Depression Anorexia and Bulimia Wasted Updated Edition: A Memoir of Anorexia and Bulimia (P.S.) Wasted: A Memoir of Anorexia and Bulimia 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 Weigh loss, Eat Clean Diet Book Bulimia (Eating Disorders Book 3) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence: 2nd Edition Anorexia (Danger Zone: Dieting and Eating Disorders) Anorexia Nervosa (Eating Disorders Book 2) Conquering Anorexia (Conquering Eating Disorders)

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