



# **A is for Anorexia: Anorexia Nervosa Explained (An ABC of Eating Disorders) (Volume 1)**

*Em Farrell*

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**A is for Anorexia: Anorexia Nervosa Explained (An ABC of Eating Disorders) (Volume 1)** Em Farrell  
Em Farrell has worked as a psychotherapist with eating disordered patients for over 25 years. She originally set up a Centre for Women with Eating Problems in London and used CBT and massage to help them. This book takes you deep into the troubled mind and body of an anorexic. It explains why someone becomes anorexic, what their anorexia does to them and how to help them out of it. It will benefit parents, friends, lovers of anorexics and sufferers themselves; if they want to change. It explains this apparently inexplicable and sometimes deadly disorder. For parents. Learn how to understand your daughter, strengthen yourself and help her. For friends and lovers of anorexics. Learn about the beliefs that anorexics have about themselves and what is going on in their body and their minds, so that you can support them and help them get better. For counsellors and psychotherapists. Learn the facts about anorexia, both physical and emotional, so that you have the courage to work sufferers and their deeply seated denial. For sufferers. Discover an alternative view of yourself. If you have anorexia you can recover and have a better life. Em Farrell offers an on-going FREE monthly webinar for parents, friends and family of eating disordered patients, where you can ask questions and get emotional support. Join up at [www.abcofeatingdisorders.com](http://www.abcofeatingdisorders.com)  
Chapter Headings of A is for Anorexia: Anorexia Nervosa Explained. A GUIDE TO READING THIS BOOK INTRODUCTION THE HISTORY OF ANOREXIA FACTS ABOUT ANOREXIA UNDERSTANDING HUNGER A WOMAN'S COMPLICATED RELATIONSHIP TO HER OWN BODY IF SELF- STARVATION IS THE ANSWER, WHAT IS THE QUESTION? INSIDE THE MIND AND OF AN ANORECTIC HOW TO HELP THE HARD LABOUR OF RECOVERY HOW TO CREATE YOUR OWN SUCCESSFUL CARE PACKAGE CONCLUSION AND WHAT NEXT? ACKNOWLEDGEMENTS ABOUT THE AUTHOR OTHER BOOKS BY EM FARRELL OFFERS

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