



Inside Anorexia: The Experiences of Girls and their Families

Chrstitine Halse, Desiree Boughtwood, Anne Honey

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Inside Anorexia provides valuable insight into the experiences and challenges faced by teenage girls with anorexia and their families.

The authors use the stories of individuals and their families as a starting point for understanding the issues associated with anorexia including: physical effects, the effect on siblings and parents, related psychiatric problems, causes and treatment. Useful fact boxes in each story provide an overview of current knowledge from a variety of disciplines as well as new findings from the authors' own research into anorexia nervosa.

Inside Anorexia is an accessible resource for anyone who wants a better understanding of anorexia nervosa. It will be an informative guide for health professionals as well as for people with anorexia and their families.

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