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Eating Disorders

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Editorial Choice:

off

Media type:

Book

BfK Rating:

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Eating disorders are getting a good airing in contemporary media, with their more sensational aspects taking most of the space. Young wives' tales and commercial pressures to gain or lose weight further confuse the issue, so there's a heartfelt need for a book to provide a balanced look at the subject. And this seems to be such a book - the first half is an objective look at the nature and aetiology of anorexia and bulimia - no holds barred nor unnecessary hares started. Image-pressure comes out of this section very badly. Then we go on to see what can be done to help - the best line seeming to be assisted self-help and the development of a good self-image, to which development the final chapter is devoted. While this book may be of help to those already suffering from an eating disorder, to those who are worried about developing one or who are trying to understand other peoples' it will be really useful -life-saving, even, perhaps.

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[1] <http://typo3.booksforkeeps.co.uk/childrens-books/eating-disorders-1>

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