



Eating Disorders in Women and Children: Prevention, Stress Management, and Treatment (Modern Nutrition)

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Your daughter, mother, or someone in your care may have an eating disorder. Would you know?

Whether you work in health care, counseling, education, athletics, or you are a concerned family member, you will find that *Eating Disorders in Women and Children: Prevention, Stress Management, and Treatment* develops a broader understanding of eating disorder etiology and helps you apply the knowledge in your particular setting.

Research now indicates that stress is linked to almost 80 percent of all disease and illness. Eating disorders are no exception. Women and children often use and abuse food to cope with stress. Here, for the first time, is a book that combines specifically designed stress management techniques with treating symptoms of eating disorders. *Eating Disorders in Women and Children* teaches you how to help young girls and women target the interpersonal stress that contributes to this life-threatening illness.

Its comprehensive approach examines and evaluates the signs and symptoms of the various stages of anorexia, bulimia, and compulsive overeating. It also introduces the recently studied notion of exercise addiction, or obligatory exercisers. Each chapter is organized to help you understand how this information can be applied and includes supplemental material in chapter appendices. The author presents numerous tables and diagrams and addresses such themes as psychology and physiology, family dynamics, society's role, prevention, and innovative therapeutic approaches to the treatment of eating disorders.

Alarmingly, body dissatisfaction seems starts very early in life. However, eating disorders are not exclusive to young women. While their dangerous characteristics are observed among girls by the age of 10, they are becoming more common in the elderly. *Eating Disorders in Women and Children* gives you the knowledge and helps you apply it to recognize, treat, and prevent the stress that can lead to a fatal compulsion.

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