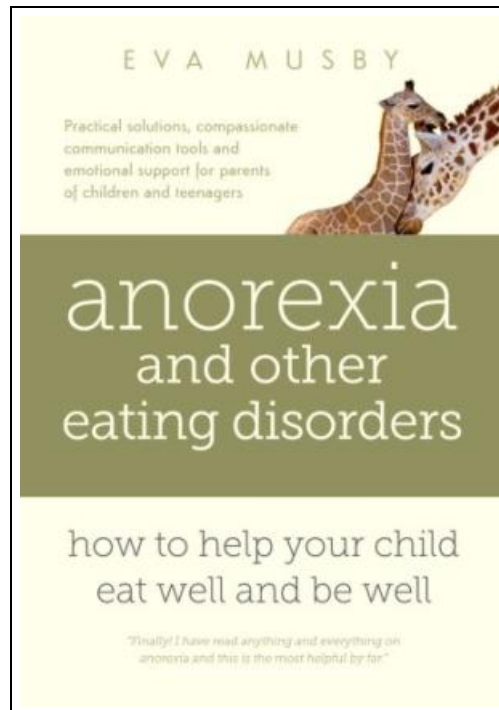


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However difficult your situation, this book gives you the tools you need to care for your child, your family and yourself. Using compassionate presence, Nonviolent Communication, mindfulness and acceptance, Eva Musby plots out a path towards well-being. With a wealth of guidance and practical examples, *Anorexia and Other Eating Disorders* is an invaluable guide to coping with and overcoming an eating disorder in the family. Finally! I have read anything and everything on anorexia and this is the most helpful by far

CONTENTS

1. How this book can help you
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3. Your part in diagnosis
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6. Practical steps to help your child beat the eating disorder
7. How do you get your child to eat in spite of the eating disorder?
8. See the tools in action: mealtime scenarios
9. How to free your child of fears and rules: exposure therapy
10. The road to full recovery
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