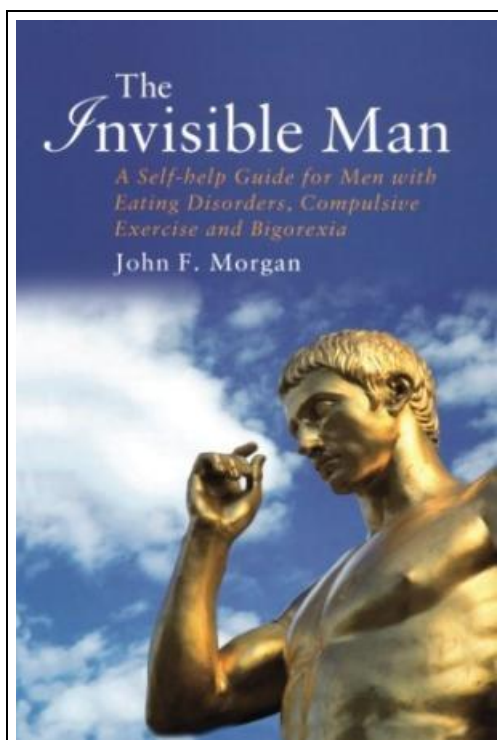


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THE INVISIBLE MAN: A SELF-HELP GUIDE FOR MEN WITH EATING DISORDERS, COMPULSIVE EXERCISE AND BIGOREXIA (PAPERBACK)



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Taylor Francis Ltd, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming their problems. The Invisible Man applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems. Divided into four sections, this evidence-based survival kit covers: * the wider cultural context of male body image problems * features unique to men * science fact and science fiction * a 7 stage approach to treatment. By combining the science of cognitive behaviour therapy with motivational enhancement and problem-solving therapies, The Invisible Man provides help to all men with body image disorders, as well as families and professionals involved in their care.

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