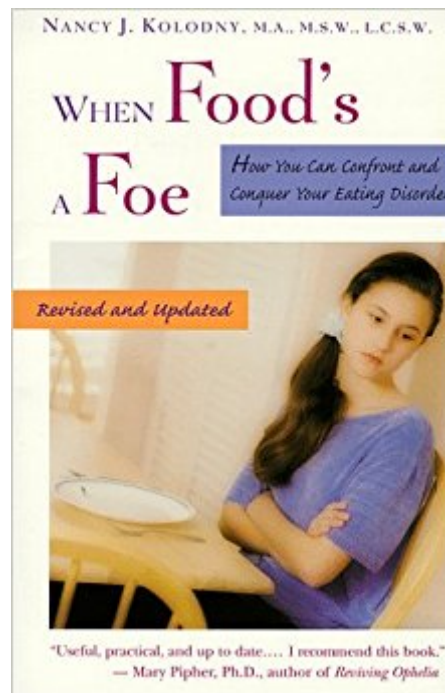




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# When Food's A Foe: How You Can Confront And Conquer Your Eating Disorder



## Synopsis

...explains how to set realistic goals, develop self-awareness and self-esteem, track progression, and decide if professional therapy is necessary.

## Book Information

Paperback: 224 pages

Publisher: Little Brown & Co (Juv Pap); Rev Upd edition (September 1998)

Language: English

ISBN-10: 0316558435

ISBN-13: 978-0316558433

Product Dimensions: 0.5 x 6 x 9.2 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #5,550,586 in Books (See Top 100 in Books) #79 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #225 in Books > Teens > Personal Health > Diet & Nutrition #368 in Books > Teens > Personal Health > Drug & Alcohol Abuse

## Customer Reviews

Grade 7 Up-- A revised volume (Little, 1987) with insignificant changes. Kolodny presents information about self-image and eating disorders; how habits become addictions; facts about anorexia, bulimia and bulimarexia; and ways to confront the problems. A variety of contemporary comic strips dot the text with humorous references to eating attitudes and conduct. Personal experience letters and incidents are used to convince readers that changes in behavior can be made. However, they might become bogged down with all the lists and strategies intended to assist them. While information for reports is present, students may have to work a little harder to get at it than in titles with a more reportorial approach. Revisions include a test to check for bulimia and an additional item about how to win against it. There is also a new four-page segment on unanticipated situations resulting from going public about bulimic behavior. Libraries that have the original edition will find too few changes to justify the purchase of this one. --Lois McCulley, Wichita Falls High School, Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Nancy Kolodny's reader-friendly writing style will be a welcome change for those who are seeking help but not finding it in typical scientific-type analyses. The letters from people suffering from

Anorexia Nervosa and Bulimia give the reader a marvellously comforting "you are not alone" feeling. An absolutely must-read for anyone suffering from an eating disorder, or family and friends of same.

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Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1)  
Conquer Your Year: The Ultimate Planner to Get More Done, Grow Your Business, and Achieve Your Dreams (The Conquer Series)  
Eating Disorder Survivors Tell Their Stories (The Teen Health Library of Eating Disorder Prevention)  
CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin)  
Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Positive Thinking: Conquer Negativity and Maximize Your Potential; Strategy Guide to Permanently Conquer Negativity and Negative Self-Talk With the Power of Positive Thinking  
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