

Eating Disorders Anatomy Of A Social Epidemic

The Oxford Handbook of Eating Disorders Eating Disorders Anatomy of a Food Addiction Eating Habits and Disorders Eating Disorders Anonymous Medical Management of Eating Disorders Behavioral Neurobiology of Eating Disorders The Eating Disorders Sourcebook Wasted Eating Disorders and Cultures in Transition Handbook of Eating Disorders and Obesity Body Dysmorphic Disorder Preventing Eating-Related and Weight-Related Disorders Help Your Teenager Beat an Eating Disorder Eating Disorders and the Brain Anatomy of Anorexia Regaining Your Self Eating Disorders Anorexia and Bulimia Eating Disorders, Food and Occupational Therapy The Creative Therapies and Eating Disorders Never Too Thin Anorexia and Bulimia Eating Disorders Exposure Therapy for Eating Disorders The Active Female Anorexia and Bulimia Midlife Eating Disorders Handbook of Eating Disorders Eating Disorders: the Facts [video]. Eating Disorders This Mean Disease Eating Disorders in Childhood and Adolescence Eating and Weight Disorders ABC of Eating Disorders Eating Disorders For Dummies Treatment of Eating Disorders Eating Disorders Anatomy of a Food Addiction The Wiley Handbook of Eating Disorders

The Oxford Handbook of Eating Disorders

Eating Disorders

The coauthor of the classic "Dying to Be Thin" now offers a new understanding and approach to eating disorders.

Anatomy of a Food Addiction

The intention of this book was to have investigators describe an expert opinion on their field of research and cutting-edge work in their laboratory on the neurobiology and treatment of eating disorders.

Eating Habits and Disorders

In the fourth edition of this accessible and comprehensive book, Bryan Lask and Rachel Bryant-Waugh build on the research and expertise of the previous three editions. First published in 1993, this was the first book of its kind to explore eating disorders in children and young adolescents, a population that is very different from those in their late teens and adulthood. The contributors' experience and knowledge have increased and the field has moved forward over the past 20 years. This fully revised edition offers a distillation of current information relating to the younger population, and contains brand new chapters on areas of experience,

research and practice including: The perspective of a young person going through an eating disorder Experiences of a parent Updated information regarding advances from neuroscience Therapeutic engagement Cognitive remediation therapy Eating Disorders in Childhood and Adolescence offers the reader knowledge, insight and understanding into this fascinating but challenging patient group. It has both a clinical and research focus and will be an essential text for a wide range of professionals, as well as being readable for parents of children suffering from eating disorders.

Eating Disorders Anonymous

Medical Management of Eating Disorders

Discusses eating disorders, including the various types of eating disorders, dealing with the disorder, and how to overcome an eating disorder.

Behavioral Neurobiology of Eating Disorders

Despite the relevance of eating disorders in the past years, the pure core of these mental disorders remains unknown. In this regard, it is not a surprise that the

biopsychosocial model is the best way to go forward in order to understand and to improve the different approaches, biological (mainly neurobiological), psychological, and social, in managing these disorders. Eating disorders are frequent pathologies, many times severe and often devastating for patients and their families. Biological, psychological, and social factors are always involved in these disorders, and knowledge about the influence of these factors helps us to better understand eating disorders. This book includes different studies about main topics of eating disorders and is useful for psychologists, doctors and others interested in this disorder.

The Eating Disorders Sourcebook

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, *Wasted* is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

Wasted

Eating Disorders and Cultures in Transition

This groundbreaking two-volume handbook provides a comprehensive collection of evidence-based analyses of the causes, treatment, and prevention of eating disorders. A two-volume handbook featuring contributions from an international group of experts, and edited by two of the leading authorities on eating disorders and body image research Presents comprehensive coverage of eating disorders, including their history, etiological factors, diagnosis, assessment, prevention, and treatment Tackles controversies and previously unanswered questions in the field Includes coverage of DSM-5 and suggestions for further research at the end of each chapter 2 Volumes

Handbook of Eating Disorders and Obesity

Introduces case studies of patients with anorexia and bulimia and provides in-depth details of the disorders.

Body Dysmorphic Disorder

This book presents a collection of writings by expert researchers from Canada, the United States, and Australia who are committed to finding common cause and common ground in the prevention of eating disorders and obesity. The ten chapters in this book seek to create a new public health approach to the prevention of weight-related disorders, one that counters the confusion and frustration from public policies, messages, and programs that recipients of prevention efforts often experience. The first section looks at prevention from a public health perspective, and the second section highlights theories from risk and resilience research that can inform the prevention of weight-related disorders. The contributions are varied in their theories and models, but woven throughout is the theme of collaboration in changing public institutions and social systems that promotes universal prevention and fosters mental health and resilience. Unique methods of linking systems and fostering partnerships across sectors and disciplines are highlighted, and readers are exposed to innovative ideas of how to move the field of prevention science forward to reduce the onset of negative body image, unhealthy weight management, eating disorders, and disordered eating. Preventing Eating-Related and Weight-Related Disorders is the second in a series of titles from The Community Health Systems Resource Group at The Hospital for Sick Children. This series will educate researchers, policy-makers, students, practitioners, and interested stakeholders on such topics as early intervention in psychosis, aggressive behaviour problems, eating-related disorders, and

marginalized youth in educational contexts.

Preventing Eating-Related and Weight-Related Disorders

Describes good nutrition, the types of eating disorders and discusses their possible causes, effects, and treatment.

Help Your Teenager Beat an Eating Disorder

Eating disorders (EDs) affect at least 11 million people in the United States each year and spread across age, race, ethnicity and socio-economic class. While professional literature on the subject has grown a great deal in the past 30 years, it tends to be exclusively research-based and lacking expert clinical commentary on treatment. This volume focuses on just such commentary, with chapters authored by both expert clinicians and researchers. Core issues such as assessment and diagnosis, the correlation between EDs and weight and nutrition, and medical/psychiatric management are discussed, as are the underrepresented issues of treatment differences based on gender and culture, the applications of neuroscience, EDNOS, comorbid psychiatric disorders and the impact of psychiatric medications. This volume uniquely bridges the gap between theoretical findings and actual practice, borrowing a bench-to-bedside approach from medical

research. Includes real-world clinical findings that will improve the level of care readers can provide, consolidated in one place Underrepresented issues such as gender, culture, EDNOS and comorbidity are covered in full Represents outstanding scholarship, with each chapter written by an expert in the topic area

Eating Disorders and the Brain

In an extensively revised new edition of the successful *Anorexia and Bulimia*, Richard Gordon includes new information and discussion of the latest ideas in this rapidly growing research field. There is extensive discussion of the clinical aspects of disorders, in particular their relationship to obsessive-compulsive disorder, plus data of recovery and mortality. It also provides accounts of the latest research on the epidemiological status of eating disorders and the subsequent debate that this work has engendered. Further new features include the analysis of the role of sexual abuse in eating disorders; the relationship of obesity to anorexia and bulimia, and consideration of the recent debates surrounding the politics of eating disorders. The past two decades have witnessed an enormous increase in the number of cases of eating disorders in industrial societies. Richard Gordon brings together historical and cultural perspectives, as well as his own clinical experience, in order to examine the sociocultural roots of this apparent epidemic. The high incidence of these once rare conditions in contemporary societies can be traced to a number of interrelated factors: the changing role of women, the increasingly

difficult transition from adolescence to adulthood, the social importance attached to physical beauty which focuses on thin body shape, a general pursuit of health and fitness and, ironically, the glamorization of anorexia in the mass media which has made its symptoms fashionable.

Anatomy of Anorexia

There has been much debate among researchers and health professionals over the causes, cures and definitions of eating disorders. Anorexia nervosa and bulimia are terms used to describe particular eating disorders. Obesity is a ratio of body weight and height, and may be the result of an eating disorder.

Regaining Your Self

The author recalls his mother's struggle with anorexia and her eventual death from the disease, recalling a childhood filled with memories of trips to the hospital, bizarre behavior, and a crippling obsession with food. Original.

Eating Disorders

Szekely argues that anorexia and bulimia should be understood as rational

responses to social and political structures and not as individual psychological problems.

Anorexia and Bulimia

Eating disorders: do they mark cultural transition? Eating disorders that were once viewed as exclusive to specific class and ethnic boundaries in western culture are now spreading worldwide. This issue is fully discussed in this groundbreaking volume. *Eating Disorders and Cultures in Transition* is written by an international group of authors to address the recent emergence of eating disorders in various areas of the world including countries in South America, Asia, Africa and Eastern Europe. It offers an in-depth analysis of the existing socio-cultural model arguing for the need to extend both our theoretical understanding and clinical work to account properly for this global phenomenon. Eating disorders are seen as reflecting sweeping changes in the social and political status of women in the majority of societies that are now undergoing rapid cultural transition. This multidisciplinary, multinational volume reflects wide-ranging, intellectually stimulating and frequently provocative viewpoints. It promises to be of great interest to medical and mental health professionals, public policy experts and all those watching for the processes of cultural transformation and their impact on mental health.

Eating Disorders, Food and Occupational Therapy

This book investigates the growing and ever-changing health issues for girls and women who lead an active lifestyle and participate in sports and exercise. Easy to read, the volume provides an educational foundation for understanding how disordered eating, amenorrhea, and osteoporosis can be interrelated while also looking at image disorders and reproductive health. It contains thorough analysis of common prevention and management techniques, and provides useful links to resources on the internet for additional screening tools.

The Creative Therapies and Eating Disorders

HOPE, HELP, AND A REAL EXPLANATION FOR THE DISEASE OF FOOD ADDICTION If you have struggled with compulsive eating, dieting, and the guilt and conflict they bring, your life will be changed by this important, life-affirming, and astonishingly wise book. Anne Katherine, a Certified Eating Disorders Therapist and former compulsive eater, explains the chemical reactions in the brain that work in conjunction with lifelong emotional conflicts to make food - particularly sugar and refined carbohydrates - such a comfort that it's almost like a drug. Once you realize that your binge eating is a physical disease that can be treated, you can use the book's self-tests, exercises, examination of family issues, and complete

recovery program for newfound understanding and confidence.

Never Too Thin

Special coverage addresses cosmetic surgery and cosmetic medical treatments, how the media influences eating disorders, weight and shape concerns of boys and men, cross-cultural aspects of eating disorders, child sexual abuse and eating disorders, and a feminist approach to eating disorders. Book cover.

Anorexia and Bulimia

"Invaluable to clinicians, parents, teenagers, and adults who are struggling with anorexia." —Lynn E. Ponton, M.D. Anatomy of Anorexia is a tremendous tool for families: now more than ever, early diagnosis and treatment, and family participation, are crucial in helping the anorexic. Preeminent therapist Steven Levenkron demystifies this life-threatening disease and shows how the millions of girls and women who are afflicted with anorexia can be helped—and can look forward to rich and productive lives. "The nation's premier expert in treating anorexia has written the nation's premier book for parents, relatives, and friends of young women afflicted with this life-threatening disease."—Joseph A. Califano Jr., president of the National Center on Addiction and Substance Abuse at Columbia

University and former U.S. Secretary of Health, Education, and Welfare "[Levenkron's] insights, descriptions of family relationships, and treatment recommendations for therapists create a rich, deep, and most helpful guide for a community of people whose lives are deeply and painfully affected by this persistent illness."—Samuel C. Klagsbrun, M.D.

Eating Disorders

Exposure Therapy for Eating Disorders is designed to augment existing eating disorder treatment manuals by providing clinicians with practical advice for maximizing the effectiveness of exposure, regardless of clinical background or evidence-based treatment used. Suitable for use with a range of diagnoses, this easy-to-use guide describes the most up to date empirical research on exposure for eating disorders, extrapolating clinical advice from the anxiety disorders literature in order to help busy clinicians become more effective in treating these challenging illnesses. Readers will gain solid understanding of the theoretical underpinnings of exposure therapy, as well as how to utilize this information to explain the rationale for exposure to patients. Specific types of eating disorder exposure are covered in detail, including exposure to food and eating, cue exposure for binge eating, weighing and weight exposure, novel forms of exposure for eating disorders, and more. The book also provides strategies for overcoming obstacles, including institutional resistance to implementation of exposure therapy.

Exposure Therapy for Eating Disorders

Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the “Big Book” in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting “higher purpose” for the traditional “Higher Power.” Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder’s story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like

to be in recovery. Like the “Big Book,” these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA’s approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

The Active Female

Introduces case studies of patients with anorexia and bulimia and provides in-depth details of the disorders.

Anorexia and Bulimia

Why is the brain important in eating disorders? This ground-breaking new book

describes how increasingly sophisticated neuroscientific approaches are revealing much about the role of the brain in eating disorders. Even more importantly, it discusses how underlying brain abnormalities and dysfunction may contribute to the development and help in the treatment of these serious disorders.

Neuropsychological studies show impairments in specific cognitive functions, especially executive and visuo-spatial skills. Neuroimaging studies show structural and functional abnormalities, including cortical atrophy and neural circuit abnormalities, the latter appearing to be playing a major part in the development of anorexia nervosa. Neurochemistry studies show dysregulation within neurotransmitter systems, with effects upon the modulation of feeding, mood, anxiety, neuroendocrine control, metabolic rate, sympathetic tone and temperature. The first chapter, by an eating disorders clinician, explains the importance of a neuroscience perspective for clinicians. This is followed by an overview of the common eating disorders, then chapters on what we know of them from studies of neuroimaging, neuropsychology and neurochemistry. The mysterious phenomenon of body image disturbance is then described and explained from a neuroscience perspective. The next two chapters focus on neuroscience models of eating disorders, the first offering an overview and the second a new and comprehensive explanatory model of anorexia nervosa. The following two chapters offer a clinical perspective, with attention on the implications of a neuroscience perspective for patients and their families, the second providing details of clinical applications of neuroscience understanding. The

final chapter looks to the future. This book succinctly reviews current knowledge about all these aspects of eating disorder neuroscience and explores the implications for treatment. It will be of great interest to all clinicians (psychiatrists, psychologists, nurses, dieticians, paediatricians, physicians, physiotherapists) working in eating disorders, as well as to neuroscience researchers.

Midlife Eating Disorders

Sound, sensitive advice for overcoming an eating disorder Anorexia, bulimia, binge eating, exercise addictions . . . these disorders can be devastating, but they are in no way unbeatable. Therapist Carolyn Costin, herself recovered from anorexia, brings three decades of experience and the newest research in the field together, providing readers with the latest treatments, from medication and behavioral therapy to alternative remedies. Whether you are living with an eating disorder or you are a loved one or professional helping someone who is, The Eating Disorder Sourcebook will help you: Recognize and identify eating disorders Discover and work with the underlying causes of an eating disorder Make the right choices when comparing treatment options Understand what is expected in individual, group, and family therapy Know when outpatient treatment is not enough and what else can be done

Handbook of Eating Disorders

This second edition of the Handbook of Eating Disorders offers a comprehensive, critical account of the whole field of eating disorders, incorporating both basic knowledge and a synthesis of the most recent developments in the area. Many of the important developments in recent years are reflected in this expanded volume such as the basic science of appetite control, the discovery of leptin and the knowledge about the neurotransmitters involved in eating. An invaluable review of scientific knowledge and approaches to treatment of eating disorders from anorexia nervosa to obesity. * Covers basic concepts and science, clinical considerations of definition and assessment, and treatment approaches * Focuses on newer developments in research and treatment * Reflects evidence-based approaches to treatment as a guide to best practice * Includes many new chapters and authors who represent the most authoritative scientists and clinicians worldwide

Eating Disorders: the Facts [video].

Do you think that you or someone you love may suffer from an eating disorder? Eating Disorders For Dummies gives you the straight facts you need to make sense of what's happening inside you and offers a simple step-by-step procedure for

developing a safe and health plan for recovery. This practical, reassuring, and gentle guide explains anorexia, bulimia, and binge eating disorder in plain English, as well as other disorders such as bigorexia and compulsive exercising. Informative checklists help you determine whether you are suffering from an eating disorder and, if so, what impact the disorder is having or may soon have on your health. You'll also get plenty of help in finding the right therapist, evaluating the latest treatments, and learning how to support recovery on a day-by-day basis. Discover how to: Identify eating disorder warning signs Set yourself on a sound and successful path to recovery Recognize companion disorders and addictions Handle anxiety and emotional eating Survive setbacks Approach someone about getting treatment Treat eating disorders in men, children, and the elderly Help a sibling, friend, or partner with an eating disorder Benefit from recovery in ways you never imagined Complete with helpful lists of recovery dos and don'ts, *Eating Disorders For Dummies* is an immensely important resource for anyone who wants to recover — or help a loved one recover — from one of these disabling conditions and regain a healthy and energetic life.

Eating Disorders

This landmark book is the first comprehensive edited volume on body dysmorphic disorder (BDD), a common and severe disorder. People with BDD are preoccupied with distressing or impairing preoccupations with non-existent or slight defects in

their physical appearance. People with BDD think that they look ugly -- even monstrous -- although they look normal to others. BDD often derails sufferers' lives and can lead to suicide. BDD has been described around the world since the 1800s but was virtually unknown and unstudied until only several decades ago. Since then, research on BDD has dramatically increased understanding of this often-debilitating condition. Only recently, BDD was considered untreatable, but today, most sufferers can be successfully treated. This is the only book that provides comprehensive, in-depth, up-to-date information on BDD's clinical features, history, classification, epidemiology, morbidity, features in special populations, diagnosis and assessment, etiology and pathophysiology, treatment, and relationship to other disorders. Numerous chapters focus on cosmetic treatment, because it is frequently received but usually ineffective for BDD, which can lead to legal action and even violence toward treating clinicians. The book includes numerous clinical cases, which illustrate BDD's clinical features, its often-profound consequences, and recommended treatment approaches. This volume's contributors are the leading researchers and clinicians in this rapidly expanding field. Editor Katharine A. Phillips, head of the DSM-V committee on BDD, has done pioneering research on many aspects of this disorder, including its treatment. This book will be of interest to all clinicians who provide mental health treatment and to researchers in BDD, anxiety disorders, eating disorders, and other obsessive-compulsive and related disorders. It will be indispensable to surgeons, dermatologists, and other clinicians who provide cosmetic treatment. Students and trainees with an interest in

psychology and mental health will also be interested in this book. This book fills a major gap in the literature by providing clinicians and researchers with cutting-edge, indispensable information on all aspects of BDD and its treatment.

This Mean Disease

In an extensively revised new edition of the successful *Anorexia and Bulimia*, Richard Gordon includes new information and discussion of the latest ideas in this rapidly growing research field. The past two decades have witnessed an enormous increase in the number of cases of eating disorders in industrial societies.

Eating Disorders in Childhood and Adolescence

The ABC of Eating Disorders is a comprehensive primer for GPs, dieticians, psychiatrists and community health teams who need to incorporate a sophisticated awareness of this field into their professional practice. It spans, and differentiates, eating and feeding disorders from diagnosis to their management and treatment. With a focus on primary care, this ABC touches on the medico-legal aspects and ethical issues of treating eating disorders and specialist referral. This new title in the successful ABC series describes working with families, children and other specialist populations, such as the elderly, men and minority groups. It helps

primary care practitioners recognise eating disorders in people presenting with other problems, while the section on comorbidity discusses the treatment of eating disorders existing with other conditions. The ABC of Eating Disorders is accessible - sufferers will find it provides a useful background to self help materials, and their lay carers will be able to appreciate its intelligent and compassionate approach.

Eating and Weight Disorders

Featuring an honest account of the author's own struggles with food, "Anatomy of a Food Addiction" helps readers understand binge eating and plan a recovery through exercises, self-tests, and an examination of family issues. Illustrations.

ABC of Eating Disorders

Now in its second edition, this established text provides the practical information needed to treat patients with anorexia nervosa and related eating disorders. It is suitable for all health care professionals involved in eating disorder management, with special information provided for general practitioners, nurses, family carers and nutritionists.

Eating Disorders For Dummies

Eating disorders refer to a range of problems characterized by abnormal eating behaviours and beliefs about eating, weight, and shape. Eating disorders, which are classified as psychiatric problems, and obesity, which is classified as a general medical condition, reflect a diverse and perplexing array of biological, social, and psychological phenomena. Beginning with a comprehensive overview of eating and weight disorders, this volume also covers: anorexia nervosa bulimia nervosa atypical eating disorders and binge eating disorders obesity. Including the most up-to-date research, Carlos Grilo provides a balanced and authoritative overview of current thinking in the fields of eating disorders and obesity with broad yet in-depth coverage of the areas. This highly readable book is an indispensable resource to students and professionals in clinical psychology, health psychology, and psychiatry.

Treatment of Eating Disorders

Joan Martin provides a detailed examination of anorexia nervosa, bulimia nervosa, food and occupational therapy. This book is a comprehensive resource for all those with an academic or professional interest in eating disorders and the social and cultural contexts of food and eating. In addition, it provides a guide to the valuable contribution occupational therapists can make to the treatment of those suffering from an eating disorder.

Eating Disorders

Explores the nature of midlife eating disorders, looking at why they develop, how their unique challenges set them apart from those that occur earlier in life, and the path to recovery.

Anatomy of a Food Addiction

If your teenager shows signs of having an eating disorder, you may hope that, with the right mix of love, encouragement, and parental authority, he or she will just "snap out of it." If only it were that simple. To make matters worse, certain treatments assume you've somehow contributed to the problem and prohibit you from taking an active role. But as you watch your own teen struggle with a life-threatening illness, every fiber of your being tells you there must be some part you can play in restoring your child's health. In *Help Your Teenager Beat an Eating Disorder*, James Lock and Daniel Le Grange--two of the nation's top experts on the treatment of eating disorders--present compelling evidence that your involvement as a parent is critical. In fact, it may be the key to conquering your child's illness. *Help Your Teenager Beat an Eating Disorder* provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life-sustaining attitudes, day by day, meal by meal.

Full recovery takes time, and relapse is common. But whether your child has already entered treatment or you're beginning to suspect there is a problem, the time to act is now. This book shows how.

The Wiley Handbook of Eating Disorders

Oxford Handbooks offer authoritative and up-to-date reviews of original research in a particular subject area. Specially commissioned chapters from leading figures in the discipline give critical examinations of the progress and direction of debates, as well as a foundation for future research. Oxford Handbooks provide scholars and graduate students with compelling new perspectives upon a wide range of subjects in the humanities, social sciences, and sciences. A rich source of authoritative content that supports reading and study in the field, The Oxford Handbook of Eating Disorders reviews current research and clinical developments through synthetic chapters written by experts from various fields of study and clinical backgrounds. Epidemiologic studies suggest that eating disorders are not only common but have increased in prevalence in recent decades, and this handbook refines and updates the state of research. The book is divided into four sections: phenomenology and epidemiology of the eating disorders, approaches to understanding the disorders, assessment and comorbidities of the disorders, and prevention and treatment. The first section deals with classification and epidemiology of the disorders, considerations for revisions to the Diagnostic and

Statistical Manual of Mental Disorders, and the somewhat neglected topic of eating disorders in childhood and early adolescence. The second section describes research basic to understanding the eating disorders and addresses biological factors, psychosocial risk factors, cultural factors, and the effects of behaviors such as dieting and eating and weight concerns in the genesis of the eating disorders. The third section describes assessment of the eating disorders, medical and psychological comorbidities, and medical management. The final section deals with various treatment modalities that have been found successful, including psychotherapeutic and psychopharmacologic approaches; an overview of evidence-based treatment for the eating disorders; and a consideration of what we know about cost-effectiveness of existing treatments. The multiple perspectives and breadth of scope offered by The Oxford Handbook of Eating Disorders make it an invaluable resource for clinicians, researchers, and educators, as well as scholars and students.

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