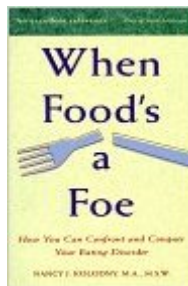




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When Food's A Foe: How You Can Confront And Conquer Your Eating Disorder



Synopsis

Examines the causes and effects of bulimia and anorexia and discusses ways in which these disorders can be prevented.

Book Information

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Customer Reviews

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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