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The Everything Parent's Guide to Eating Disorders: The information plan you need to see the warning signs, help promote positive body image, and develop ... plan for your child (Everything (Parenting))

Angie Best-Boss

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You don't know what to do. Your once happy, carefree child has begun abusing food and fallen into a pattern of disordered eating that is literally taking her life. You watch in horror as she binges and purges, starves herself, compulsively eats, or takes pills and supplements. There is no such thing as a harmless eating disorder. Your child is in danger and she needs your help.

Children with an eating disorder need their parents to be prepared, engaged, knowledgeable, and ready to do battle on their behalf. With the professional, accessible advice presented here, you can get the support you need.

This guide helps you:

- Promote positive body image--at any age
- Instill healthy eating habits
- Recognize warning signs
- Find the right treatment options
- Stay positive and encourage your child

This book provides an all-encompassing look at eating disorders--the symptoms, the causes, and the treatments--so you can feel confident about the steps you need to take to help your child overcome this illness.

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