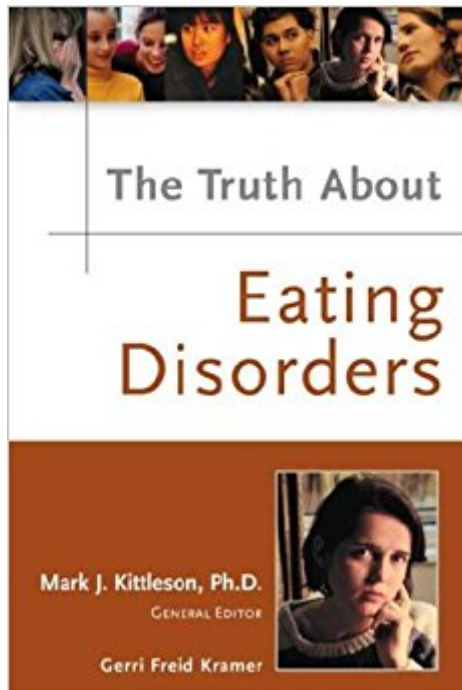




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The Truth About Eating Disorders



Synopsis

According to the National Eating Disorders Association and the National Institute of Mental Health, between five and 10 million Americans suffer from eating disorders. 'The Truth About Eating Disorders' is a comprehensive A-to-Z guide addressing everything from the lifelong effects of anorexia to the pressures and stresses that often lead to one or more of these disorders. Offering important facts, testimonies and demonstrations that illustrate the serious dangers of eating disorders, this volume helps teens find a healthier way to deal with their problems. Personal testimonies and question-and-answer segments provide a real-life perspective, and charts and graphs add a visually stimulating element to this crucial reference. Topics include caloric intake and expenditures, causes of eating disorders, fad diets, obesity, and weight control.

Book Information

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