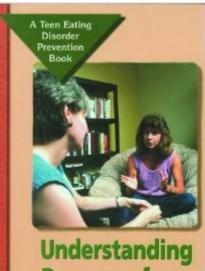
## The book was found

# Understanding Recovery From Eating Disorders (Teen Eating Disorder Prevention Book)



Recovery from Eating Disorders



### Synopsis

For today's teens, self-esteem is inextricably connected to body image. This series provides teens with crucial information about eating disorders, body image, and health. Its body-positive message will boost teens' self-esteem and help them learn to love their bodies. Recovery from an eating disorder is a slow, often painful process, requiring physical as well as psychological change. This book offers first-person testimony by survivors of various types of eating disorders, along with advice and support for teens who are heading down the long road to recovery.

#### **Book Information**

Series: Teen Eating Disorder Prevention Book Library Binding: 192 pages Publisher: Rosen Publishing Group (January 1, 1999) Language: English ISBN-10: 0823928845 ISBN-13: 978-0823928842 Product Dimensions: 6.2 x 0.6 x 9.4 inches Shipping Weight: 1.1 pounds (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #1,843,423 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #80 in Books > Teens > Personal Health > Diet & Nutrition #102 in Books > Teens > Personal Health > Depression & Mental Health Age Range: 12 - 17 years Grade Level: 7 - 12

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