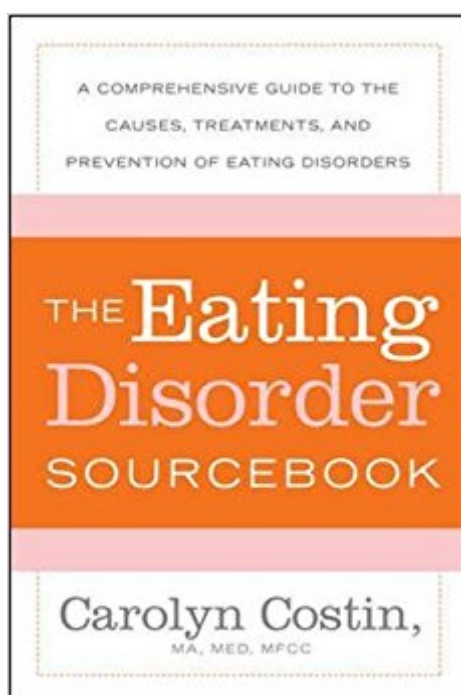


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# The Eating Disorders Sourcebook: A Comprehensive Guide To The Causes, Treatments, And Prevention Of Eating Disorders (Sourcebooks)



## Synopsis

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

## Book Information

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## Customer Reviews

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

Carolyn Costin, M.A., M.Ed., M.F.T., has been a specialist in the field of eating disorders for nearly thirty years. She directs the Monte Nido Residential Treatment Facility in Malibu, California, and all of its affiliates. She is also the clinical advisor to the Parent Family Network of the National Eating Disorder Association and an editor of *Eating Disorders: The Journal of Treatment and Prevention*.

This is a great book for anyone who wants to learn more about eating disorders for a class or for anyone who is suffering or has a loved one suffering with this disorder. I ordered it for a graduate class and can honestly say that this will be a book that I will keep in my library.

This is my second purchase of this book. I keep one at home and one in the office. I am a behavioral health and addictions therapist specializing in eating disorders. Carolyn does a great job presenting information helpful to both families and professionals. For those unfamiliar with eating disorders the information is vital. For those on the treatment side, her experience and expertise keep the perspective accurate, positive, useful and current. Great book.

What can I say? I was recommended this book by a professor when I had my first ED client. The writing is straightforward and accessible. I emailed the author to ask about working with men in particular, and she not only responded with some recommendations, but followed up with me later. Love Love Love that!

It's a great book, very quick and easy read. I love the author's writing style, she gives lots of valuable knowledge about eating disorders as well as personal and patient first hand experiences that help you truly understand what they are like and how to treat them.

The author knows her stuff and this book is well worth reading. You should be aware that although it does include information about all three eating disorders, the author's primary focus is on anorexia. Good information is included about bulimia and binge eating disorder; however, you probably want to look for additional resources to complement this book if your primary interest is bulimia or b.e.d.

Very helpful for parents with children who have eating disorders. Author is credible and experienced.

Well written and fairly interesting for a sourcebook. Good overview of eating disorders and resources for treatment. Good refresher for professionals and a good introduction for interested people.

As a clinical psychologist, I find this book to be a great resource for training. She writes in clear language, with good examples, and practical advice. Nicely comprehensive and addresses a lot of issues. Highly recommended resource book.

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