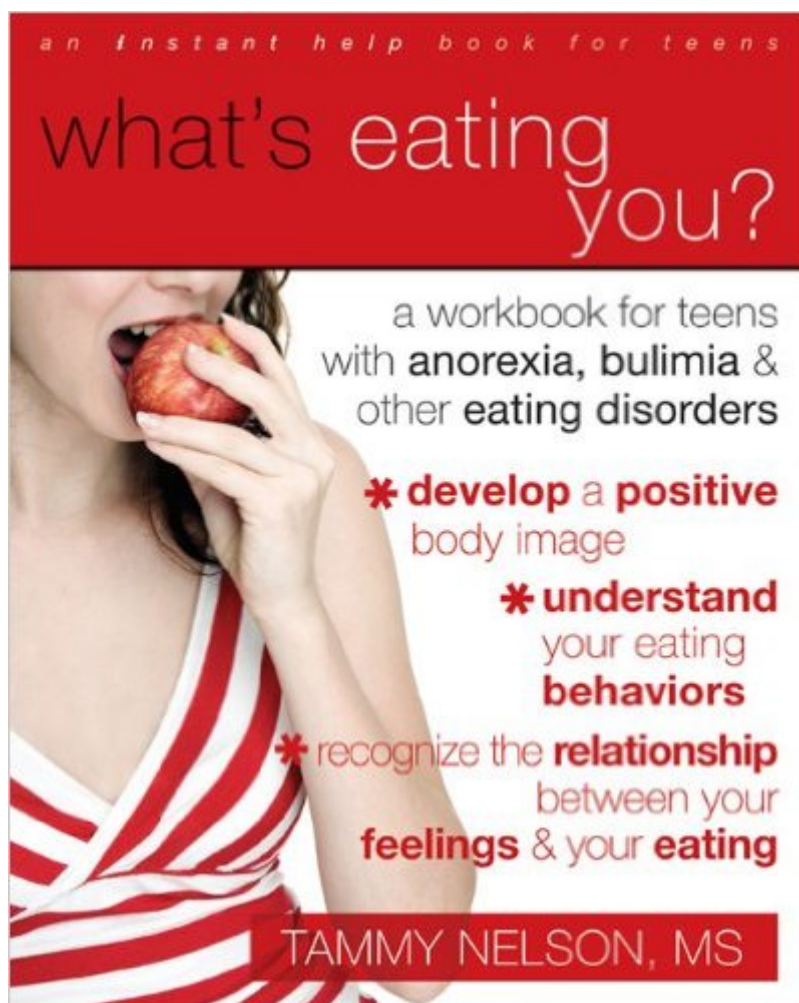


The book was found

What's Eating You?: A Workbook For Teens With Anorexia, Bulimia, And Other Eating Disorders



Synopsis

Living in a culture obsessed with body size and shape, it can be hard to feel good about the way you look. But eating disorders caused by unrealistic body image ideals create much larger problems-diminished self-confidence, unhealthy eating and exercising habits, and an inability to see yourself as a person rather than a number on the scale. This workbook takes aim at the motivations behind your relationship with food and helps you to better understand how your need to control what you eat can end up controlling you. As you complete the worksheets in *What's Eating You*, you'll learn more about the beliefs and experiences that contribute to your disorder. Each worksheet includes questions and exercises targeting the cultural myths, perfectionism, stress, and lack of self-confidence that are often at the heart of a dysfunctional relationship with food. Once these issues are addressed, you'll be able to gather the strength you need to make peace with your body, exude confidence, and live a healthy life.

Book Information

Paperback: 128 pages

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Language: English

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ISBN-13: 978-1572246072

Product Dimensions: 0.5 x 8 x 9.8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #61,898 in Books (See Top 100 in Books) #10 in [Books > Teens > Personal Health > Depression & Mental Health](#) #67 in [Books > Teens > Education & Reference > Social Science](#) #143 in [Books > Teens > Social Issues](#)

Customer Reviews

Purchased for my teen nieces after a particularly difficult and protracted divorce "battle" threw their world into a spin. Not only did they utilize them... the workbooks received rave reviews from their family counselor! (She called me to "source them", as she plans to use them in her practice.) Definitely worth the price to help a beloved niece, nephew, or other burdened teen make his/her way through the various and difficult challenges faced by so very many of today's youth!

I have found this book to be fairly helpful. There are many different kinds of exercises and the book

is easy to figure out so it's simple to flip through and pick and choose rather than having to read the whole book cover to cover. The only thing that is a little unfortunate is that there are activities for those who suffer from overeating as well as anorexia and/or bulimia. While I understand why they're all put together in one book, I personally can not relate to the activities which do not apply to my disorder and I just wish that it had been separated into two different books. While I purchased this book because I have been diagnosed with an eating disorder, I can also see how it would almost be even more helpful for someone who hasn't been diagnosed because it helps to advise teens as to what kind of behavior is normal and can make someone aware of behavior which may be leading them towards a more serious problem. Overall, I would say this is a worthwhile purchase.

I recommend this book to every client I have with teenagers, and every friend I have with kids! Creating a great body image is paramount to growing children in this day and age. Tammy Nelson does this in such a way that kids and adults alike are left with more confidence and self esteem than they ever thought possible! Melanie Barnum, CH Certified Hypnotist & Intuitive Counselor

The book is great-very interactive. I wish it had less drawings of feelings as I feel that was juvenile for teenagers and more writing exercises. Overall, a great resource though!

I run a social skills group for girls and this book will be an amazing tool to use. It is packed with great and relevant activities that are easy to use.

Love this book, has some great tools to work with teens who suffer from an eating disorder. I recommend it!

good teen workbook I use it with my eating disorder patients

Great book. Every counselor should own a copy.

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Understanding Recovery from Eating Disorders (Teen Eating Disorder Prevention Book) Something

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