



Recovery from Eating Disorders: A Guide for Clinicians and Their Clients

Greta Noordenbos

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With a uniquely perspective on the key factors in recovery from eating disorders, this practical guide for patients and clinicians draws from relevant, real-life case studies.

- Focuses on real-life recovery strategies that involve motivational factors, physical and psychological health, and issues such as self-esteem, body attitude, emotion regulation and social relationships.
- Draws on extensive qualitative research with more than 80 former sufferers
- Offers experience-based guidance for professionals assisting clients in their recovery process



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