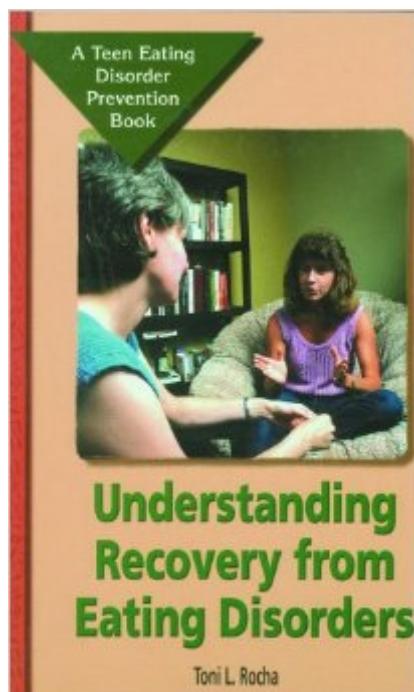


The book was found

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



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)

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Age Range: 12 - 17 years

Grade Level: 7 - 12

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