



Midlife Eating Disorders: Your Journey to Recovery

By Cynthia M. Bulik

Bloomsbury Publishing USA. Paperback. Book Condition: new. BRAND NEW, Midlife Eating Disorders: Your Journey to Recovery, Cynthia M. Bulik, In most people's minds, "eating disorder" (ED) conjures images of a thin, white, upper-middle-class teenage girl. The ED landscape has changed. Countless men and women in midlife and beyond, from all ethnic backgrounds, also struggle with anorexia nervosa, bulimia nervosa, purging disorder, and binge eating disorder. Some people have suffered since youth; others relapsed in midlife, often after a stressor such as infidelity, divorce, death of a loved one, menopause, or unemployment. Still others experience eating disorder symptoms for the first time in midlife. Primary care physicians, ob-gyns, and other practitioners may overlook these disorders in adults or, even worse, demean them for not having outgrown these adolescent problems. Treatments for adults must acknowledge and address the unique challenges faced by those middle-aged or older. Midlife Eating Disorders-a landmark book-guides adults in understanding "Why me?" and "Why now?" It shows a connection between the rise in midlife ED and certain industries that foster discontent with the natural aging process. It also gives readers renewed hope by explaining how to overcome symptoms and access resources and support. Renowned eating disorder specialist Cynthia...



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Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



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Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...



Houdini's Gift

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