

# [PDF] Surviving An Eating Disorder: Strategies For Families And Friends

Michele Siegel - pdf download free book

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"Clear, wise, and eminently useful advice. This book offers solid and specific guidelines for understanding and change."  
—HARRIET LERNER, Ph.D., author of *The Dance of Anger*

SURVIVING  
AN EATING  
DISORDER

*Strategies for  
Family and Friends*

THIRD EDITION • Revised and Updated

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#### Books Details:

Title: Surviving an Eating Disorder:

Author: Michele Siegel

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#### Description:

"Surviving an Eating Disorder" has become a classic since it was first published in 1988. It was one of the first books to offer effective support and solutions for family, friends, and all others who are the "silent sufferers" of eating disorders. This updated and revised edition provides the latest information on how parents, spouses, friends, and professionals can thoughtfully determine the right course of action in their individual situations. With its combination of information, insight, case examples, and practical strategies, "Surviving an Eating Disorder" opens the way to new growth and helpful solutions in your relationship with your loved one.

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Surviving an Eating Disorder is the first book for family and friends to use a psychological perspective to understand eating disorders. Other treatment manuals or self-help books propose change but Surviving is the first to consider why change can be so hard for everyone involved. The factors that can hinder progress are discussed and the methods that can work are emphasized. With its combination of information, insight, and practical strategies, Surviving an Eating Disorder considers crisis as opportunity—a time for the possibility of hope and change for everyone involved. Read More. Psychology. Surviving an eating disorder: strategies for families and friends. Siegel, Michele; Brisman, Judith; Weinschel, Margot. - - New York: Collins Living, 2009. Having a teen with an eating disorder can leave parents feeling helpless. To help empower these parents, a clinical psychologist and expert in eating disorders offers an evidence-based program using family-based treatment (FBT) to help parents and caregivers take charge of their teen's nutritional rehabilitation. Websites. Association québécoise d'aide aux personnes souffrant d'anorexie nerveuse et de boulimie / Anorexie and Boulimie Québec. Their coaches, friends, and family need to pay attention and help prevent the athlete from developing Female Athlete Triad Syndrome. 3. Major life changes can be a trigger to those fighting an eating disorder. Beginning college is no exception. The young man or woman is leaving home, friends and family to venture off into the unknown. College can be challenging and difficult for all students, but more so for others. 14. For individuals struggling with an eating disorder spurred from pressures or dysfunctions in their family, this summer break readjustment is exacerbated. For most, home is a loving and safe environment. However, for some, home may have been different. The 4th edition of Surviving an Eating Disorder: Strategies for Family and Friends will be out in Spring 2021. Stay tuned for more information about the publication date and how this new edition offers new strategies and hope! Surviving an Eating Disorder: Strategies for Family and Friends (Collins Living 3rd ed., 2009) became an instant success when it was first published in 1988. This revised edition is updated with the latest information on what methods and practices work best for family and friends, helping readers take new actions that will encourage the recovery process. Illustrated with case examples, the book explains what can be expected from the eating-disordered individual—and from family and friends who care. Xiv, 274 p. ; 21 cm. From the Publisher: Surviving an Eating Disorder has become a classic since it was first published in 1988. It was one of the first books to offer effective support and solutions for family, friends, and all others who are the "silent sufferers" of eating disorders. This updated and revised edition provides the latest information on how parents, spouses, friends, and professionals can thoughtfully determine the right course of action in their individual situations. With its combination of information, insight, case examples, and practical strategies, Surviving an Eating Di...