



Eating Disorders: The Journey to Recovery Workbook

Laura J. Goodman, Mona Villapiano

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Two seasoned clinicians with years of experience in the treatment of eating disorders offer this practical tool and adjunct to one-on-one and group therapy. In a readable style, the authors take the reader on a journey toward better mental and physical health, as well as provide an important understanding of eating disorders.

This *Workbook* encourages self-paced learning and practice. The authors guide the reader through a greater consideration of body image, compulsive exercising, and personal and societal relationships. The *Workbook* also explores complicated issues having a direct effect on the eating disorder, including trauma, depression, abuse, and the media.

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