

Friends Helping Friends: A Guide to Approaching Peers about Their Potential Eating Disorder



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Reviews

*A top quality ebook and the typeface used was interesting to read through. It is rally intriguing throug reading through period. You wont feel monotony at anytime of the time (that's what catalogues are for relating to when you ask me).
(Estelle Donnelly)*

FRIENDS HELPING FRIENDS: A GUIDE TO APPROACHING PEERS ABOUT THEIR POTENTIAL EATING DISORDER

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Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. In my room I have an original piece of artwork by Sally Huss which says, -Around me I wear a coat of many colors, fabrics, and textures. It s made of friends and family here and no longer here, far and not so far. They are all part of my coat which keeps me warm wherever I go.- A few summers ago, I noticed a hole in that very coat. One of my best friends developed an eating disorder. As the disorder progressed I knew I needed to find help for her, and fast. I made the decision to approach her, express my concerns, and offer my support. The extraordinary thing is, despite her fears, she put her trust in me and leaned on my shoulder. This book not only contains our story, but a guide on how to approach someone you love, be it a friend or family member, about their potential eating disorder. It provides resources and insights regarding body image, dealing with your own issues, treatment options, risk factors, and much more. Most importantly, this book is a guide and teaches the listener how to approach a peer about the incredibly sensitive issue of an eating disorder. There is even a workbook at the back to help you lay out your approach. I hope you find this book useful, encouraging, and empowering. Check your coat; are there holes? If so, reading this book may be the first step to patching some of them up. Amanda J. Roberts received her PhD in Medical Psychology at the Oregon Health Science University in Portland, OR. Upon moving to San Diego to pursue her post-doctoral training, she began to teach in UCSD s Psychology Department. She currently...



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