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Emily s Guide to Eating Disorders: A Workbook for Children Ages 5-11 (Paperback)

By Sherri Hicks Lmsw

Outskirts Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is an amazing healing workbook to help children who have a loved one working towards Eating Disorder Recovery! Emily s Guide is a workbook for boys and girls ages 5-11. This workbook is created by Sherri Hicks, LMSW who has treated Eating Disorder patients at a nationally ranked Eating Disorder Treatment Center in Arizona and Stacey Lyddon who has served as a Peer Support Specialist and Artist. When a loved one has an Eating Disorder it effects the entire family and often young children have thoughts and emotions that need to be expressed. Emily s Guide encourages self-expression for children who witness confusing Eating Disorder behaviors. Being honest and answering a child s questions about Eating Disorders is extremely important to helping them to be resilient against their own Eating Disorder. The artwork is simple yet impactful when talking about something as abstract as ED (Eating Disorders) for children and lets them express themselves through art and writing. This book is positive and uplifting helping to build self-esteem and understanding that recovery is difficult but possible. Editorial Reviews: In praise of: Emily s...



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