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Appetite for Life: Inspiring Stories of Recovery from Anorexia, Bulimia, and Compulsive Overeating (Paperback)

By Margie Ryerson

iUniverse, United States, 2005. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****. Appetite for Life is a breakthrough in the field of eating disorders and for those who suffer from them. Through real-life stories of inspiration and recovery, Margie Ryerson's fresh, effective approach proves that it is possible to triumph over eating disorders and live a healthy, happy life. Not only will I use Margie's powerful examples in my own practice, I will also recommend her book to all my clients, their families, and all the eating disorder professionals I know. - Debra Waterhouse MPH, RD, best-selling author of *Outsmarting the Female Fat Cell* and *Outsmarting the Mother/Daughter Food Trap* Appetite for Life shares the true stories of healing and hope from seven survivors of eating disorders and chronicles their journeys toward health and inner peace. Author Margie Ryerson, a marriage and family therapist, brings over twenty years of professional experience in helping individuals and their families recover from the devastation of anorexia, bulimia, and compulsive overeating. Helpful topics include: What to do if you or someone you love has an eating disorder How to overcome guilt and...



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