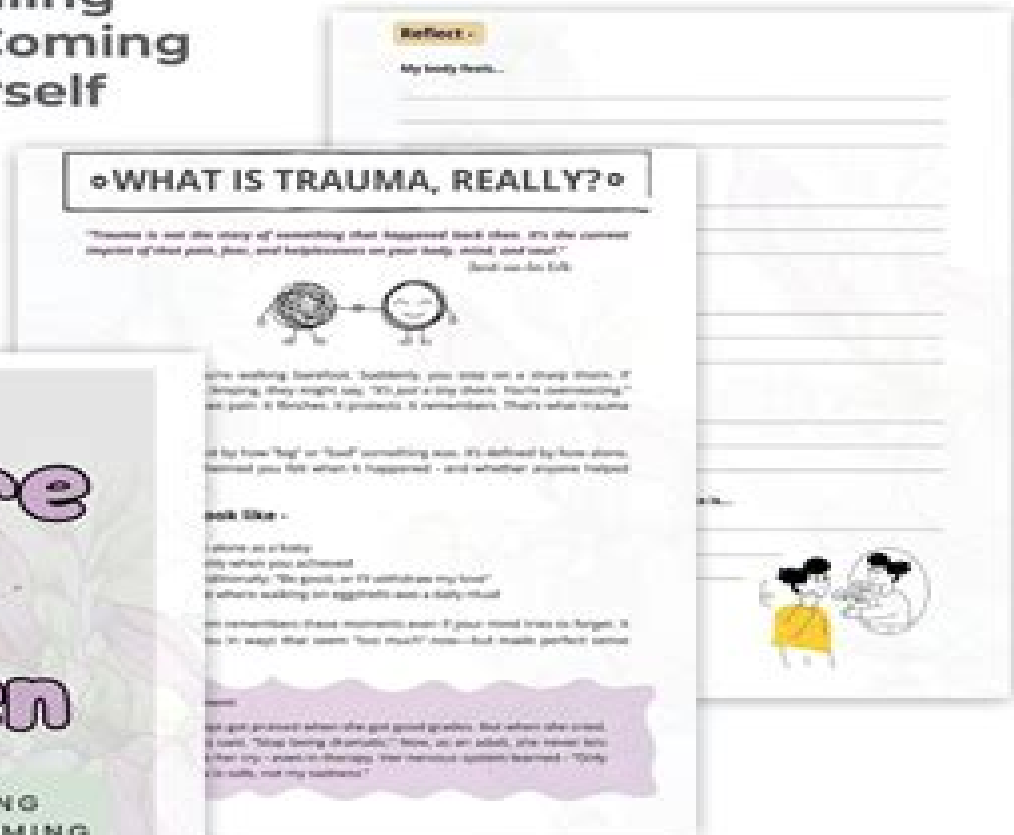
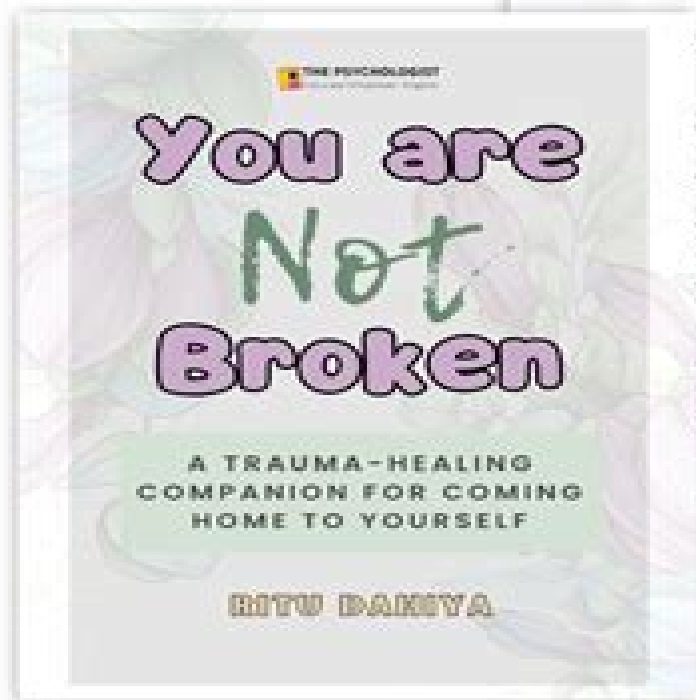


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# For Beginners Trauma Healing

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**Disorders For Dummies** Susan Schulherr, 2011-02-08 Do you think that you or someone you love may suffer from and eating disorder Eating Disorders For Dummies gives you the straight facts you need to make sense of what s happening inside you and offers a simple step by step procedure for developing a safe and health plan for recovery This practical

reassuring and gentle guide explains anorexia bulimia and binge eating disorder in plain English as well as other disorders such as bigorexia and compulsive exercising Informative checklists help you determine whether you are suffering form an eating disorder and if so what impact the disorder is having or may soon have on your health You ll also get plenty of help in finding the right therapist evaluating the latest treatments and learning how to support recovery on a day by day basis Discover how to Identify eating disorder warning signs Set yourself on a sound and successful path to recovery Recognize companion disorders and addictions Handle anxiety and emotional eating Survive setbacks Approach someone about getting treatment Treat eating disorders in men children and the elderly Help a sibling friend or partner with and eating disorder Benefit from recovery in ways you never imagined Complete with helpful lists of recovery dos and don ts Eating Disorders For Dummies is an immensely important resource for anyone who wants to recover or help a loved one recover from one of these disabling conditions and regain a healthy and energetic life *Breathing Exercises For Dummies* Shamash

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