



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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