



Fear of Food: A Self-Help Programme for Permanent Recovery from Eating Disorders

By Genevieve Blais

Bloomsbury Publishing PLC. Hardback. Book Condition: new. BRAND NEW, Fear of Food: A Self-Help Programme for Permanent Recovery from Eating Disorders, Genevieve Blais, Some 80 per cent of women go on a diet in any given year. This book is a practical and simple self-help programme for recovery from eating problems which should enable women to find and maintain their own ideal body weight. It also features case studies, a question and answer section, and useful addresses.



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