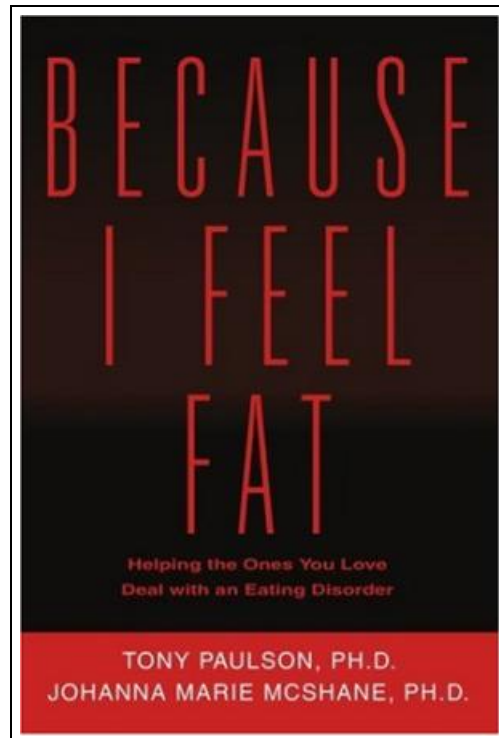


## Because I Feel Fat: Helping the Ones You Love Deal with an Eating Disorder (Paperback)



Filesize: 4.03 MB

### **Reviews**

*A brand new e book with an all new standpoint. it was actually writtern very properly and beneficial. I am just very easily will get a satisfaction of studying a composed publication.*  
*(Esperanza Pollich)*

## **BECAUSE I FEEL FAT: HELPING THE ONES YOU LOVE DEAL WITH AN EATING DISORDER (PAPERBACK)**



iUniverse, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Because I Feel Fat: Helping the Ones You Love Deal with an Eating Disorder is a comprehensive guide that gives family, friends, and loved ones a thorough understanding of what eating disorders are and how to help their loved ones recover. Easy to read and understand, Because I Feel Fat breaks down complex disorders into simple terms that gives everyone, from the sufferer and worried loved one, a common ground of understanding. Through painfully honest and heartbreaking first-person stories, gathered from interviews with women suffering from anorexia and bulimia nervosa, the reader learns what it is like to have an eating disorder, in hopes that this insight will answer questions and identify the keys to helping with recovery. Because I Feel Fat. is a thorough and comprehensive book that will be of great value to both those who have an eating disorder and to their significant others. It fills a much needed gap in the resources that exist today by offering in detail the perspective of people who suffer from eating disorders. Marcia Yamashiro, RD Certified Eating Disorders Specialist.



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