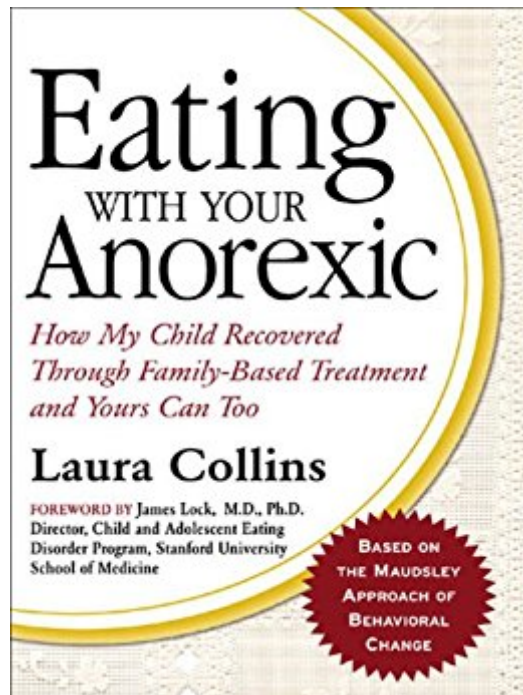


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# Eating With Your Anorexic



## Synopsis

A source of hope and valuable information for parents of children with eating disorders This poignant and informative narrative relates how one mother rescued her daughter from the "experts" and treated the girl's life-threatening anorexia using a controversial approach. Known as the Maudsley Approach, this home-based, family-centered therapy, developed in Great Britain in the 1980s, has been receiving a lot of press here over the past few years. While it has been widely used in Europe for many years and is rapidly gaining acceptance among parents and within the pediatric and child psychiatric communities in the United States, until now, there were no popular books on the subject. Must-reading for parents of children with eating disorders, *Eating with Your Anorexic* is: The first popular book on an increasingly popular approach to curing eating disorders A source of practical information and guidance for parents of children with eating disorders An eloquent narrative filled with pathos that inspires, empowers, and informs

## Book Information

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## Customer Reviews

If you are a parent of a child who suddenly spirals into anorexia, you will be shocked and scared,

and immediately seek the "professional help" everyone recommends. However, professionals know very little about what causes the disease. As far as treatment goes, the only thing research suggests can help is "refeeding." The lead researchers on this in the US are James Lock and Daniel LeGrange (whose book "How to Help your Teenager Beat Eating Disorders" I also recommend, as other reviewers do). They present a more scholarly, balanced review of the range of "causes" and "treatments" than this book does, but they conclude that the "Maudsley" family-centered refeeding method has the best success rate. Collins' book is a personal memoir advocating a family-centered Maudsley method. I feel fortunate, as a parent of a 12-year-old who spiraled into full anorexia within a 3-week period, to have found a professional who introduced us to this approach right away, sparing us some of the agony Collins went through dealing with blame-based "traditional" approaches that left her daughter thinner and thinner. I read everything I could find on the web, and understood how little is known about anorexia's causes, but that family-centered refeeding is the most promising treatment. Frantic to understand more about "refeeding" between sessions with our professional, I purchased Lock/LeGrange's "How to" book. The crucial information about HOW to refeed is relatively thin, so I turned to this book for more help with specifics on HOW to break the non-eating cycle. HOW do you get a child who thinks food is harming them to take more and more bites of it? Pages 85-92 are the crux, but they are still vaguer than I wished. The motto-principles on 169-173 are good guidelines.

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