



# Surviving an Eating Disorder: Strategies for Family and Friends

*Michele Siegel, Judith Brisman, Margot Weinshel*

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"Surviving an Eating Disorder" became an instant success when it was first published in 1988, not just because it was among the first books to alert America to the serious dangers of a silent but widespread disease, but because it offered effective solutions and support for family and friends of those with eating disorders. Eight years after its publication, the book continues to sell briskly and generate continuing interest from readers.

This new edition has been revised to address the cutting-edge advances made in the field of eating disorders, discuss how the changes in health care have affected treatment and provide additional strategies for dealing with anorexia, bulimia and binge eating disorder. It also includes updated readings and a list of support organizations. Without a doubt the best book on the subject, it is required reading for those suffering from eating disorders, their families and professionals.

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