



First Steps out of Eating Disorders (First Steps Series)

Middleton Kate

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Recent studies suggest that as many as 5 per cent of the population currently suffer from an eating disorder - and among girls and young women the proportion is far higher. But what are eating disorders? What are the symptoms? And can you ever return to normal again? First Steps out of Eating Disorders answers all of these questions, and provides sufferers - and their carers - with the information and inspiration they need to recover. Written by two experts with extensive experience in this area, and full of real-life stories, the book will help you take your first steps on the road to recovery.

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