

CONTENTS

<i>About the Author</i>	vi
<i>Preface to the Second Edition</i>	vii
<i>Preface to the First Edition</i>	viii
1 What are the Eating Disorders?	1
2 Who Suffers from Eating Disorders? Who Asks for Help?	25
3 What Causes Eating Disorders?	42
4 Thinking About Eating Disorders	70
5 What is Involved in Recovery from Eating Disorder?	84
6 Assessing People with Eating Disorders	93
7 What Helps People with ‘Bulimic Disorders’?	123
8 What Helps People with Anorexia Nervosa?	158
9 Unusual Eating Disorders	202
10 What May Go Wrong?	215
11 The Organising Services for People with Eating Disorders	241
<i>References</i>	260
<i>Index</i>	287