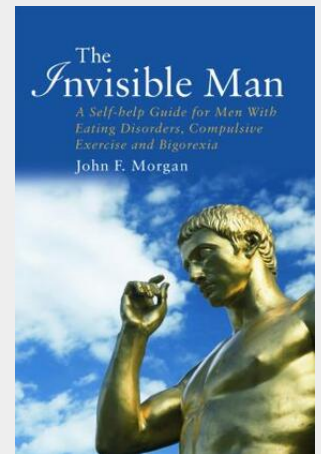


Morgan

The Invisible Man

A Self-help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia

Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming their problems. The Invisible Man applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems. Divided into four sections, this evidence-based survival kit covers: - the wider cultural context of male body image problems - features unique to men - science fact and science fiction - a 7 stage approach to treatment. By combining the science of cognitive behaviour therapy with motivational enhancement and problem-solving therapies, The Invisible Man provides help to all men with body image disorders, as well as families and professionals involved in their care.



32,00 €

29,91 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781583911501

Medium: Buch

ISBN: 978-1-58391-150-1

Verlag: Taylor & Francis Ltd

Erscheinungstermin: 14.02.2008

Sprache(n): Englisch

Auflage: 1. Auflage 2008

Produktform: Kartoniert

Gewicht: 275 g

Seiten: 184

Format (B x H): 154 x 233 mm

