



Anorexia and other Eating Disorders: how to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers

Eva Musby

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Parents are best placed to help their teenager or young child beat an eating disorder, yet most struggle to know what to do and how to do it.

In *Anorexia and Other Eating Disorders*, Eva Musby draws on her family's successful use of evidence-based treatment to empower you to support your child through recovery.

- Learn practical and effective mealtime skills
- Help your child to eat well and be free of fears and compulsions
- Know what to say and what not to say in highly charged situations
- Recognise the treatments that work and the ones that don't
- Develop your own emotional resources

However difficult your situation, this book gives you the tools you need to care for your child, your family and yourself. Using compassionate presence, Nonviolent Communication, mindfulness and acceptance, Eva Musby plots out a path towards well-being.

With a wealth of guidance and practical examples, *Anorexia and Other Eating Disorders* is an invaluable guide to coping with and overcoming an eating disorder in the family.

"Finally! I have read anything and everything on anorexia and this is the most helpful by far"

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1. How this book can help you
2. How does an eating disorder affect you and your child?
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5. What parents need to know about the causes of eating disorders
6. Practical steps to help your child beat the eating disorder
7. How do you get your child to eat in spite of the eating disorder?
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13. Powerful tools for well-being and compassionate connection
14. Love, no matter what: how to support your child with compassionate communication

15. How to build up your own resilience and well-being
Appendix: Compassionate or Nonviolent Communication (NVC)

Note: If you are dealing with an eating disorder other than anorexia, some of the practical tools might not apply to you. Most of the emotional ones will.

"Your book is packed with helpful information for parents and has been brilliant for my patients and for our team." - *Esther Blessitt, Senior Systemic Psychotherapist, writing on behalf of the Child and Adolescent Eating Disorders Service (CAMHS), Maudsley Hospital*

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From reader reviews:

Mary Andrade:

Now a day people that Living in the era just where everything reachable by interact with the internet and the resources inside can be true or not involve people to be aware of each info they get. How individuals to be smart in having any information nowadays? Of course the reply is reading a book. Examining a book can help individuals out of this uncertainty Information especially this Anorexia and other Eating Disorders: how to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers book because this book offers you rich details and knowledge. Of course the information in this book hundred per cent guarantees there is no doubt in it you may already know.

Marvin Murphy:

Information is provisions for anyone to get better life, information today can get by anyone on everywhere. The information can be a expertise or any news even an issue. What people must be consider whenever those information which is inside former life are challenging be find than now's taking seriously which one works to believe or which one the resource are convinced. If you have the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All those possibilities will not happen with you if you take Anorexia and other Eating Disorders: how to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers as the daily resource information.

Denita Lumley:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent the whole day to reading a guide. The book Anorexia and other Eating Disorders: how to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers it is quite good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In case you did not have enough space to develop this book you can buy the actual e-book. You can m0ore quickly to read this book from a smart phone. The price is not to cover but this book offers high quality.

Robert Jones:

Your reading sixth sense will not betray you, why because this Anorexia and other Eating Disorders: how to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional

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