



# Beating Your Eating Disorder

*Waller et al*

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## **Beating Your Eating Disorder** Waller et al

Do you or does someone you know, suffer from an eating disorder such as anorexia nervosa, bulimia nervosa or a less typical set of symptoms? The most effective, evidence-based treatment for adults with eating disorders is cognitive-behavioural therapy (CBT). This book presents a highly effective self-help CBT programme for all eating disorders, in an accessible format. It teaches skills to sufferers and carers alike. This book is relevant to any sufferer, if: You are not yet sure about whether to seek help; You are not sure where to find help; Your family doctor or others recommend that you try a self-help approach; You are waiting for therapy with a clinician, and want to get the best possible start to beating your eating disorder

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