



# **Talking to Eating Disorders: Simple Ways to Support Someone With Anorexia, Bulimia, Binge Eating, Or Body Image Issues**

*Jeanne Albronda Heaton Ph.D., Claudia J. Strauss*

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When a friend or family member shows signs of an eating disorder, the first impulse is to charge in, give advice, and fix what is wrong. But these tactics-however well-intentioned-can backfire.

This compassionate guide offers ways to tackle the tough topics of body image, media messages, physical touch, diets, and exercise-along with a special section on talking about these issues with children. It includes information about when to get professional help, how to handle emergencies, and answers to difficult questions such as "Am I too fat?" or "Is this ok to eat?"

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