



Helping People with Eating Disorders: A Clinical Guide to Assessment and Treatment

Bob Palmer

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Up-to-date and accessible, the second edition of *Helping People with Eating Disorders* is a comprehensive guide to understanding, assessing, and treating eating disorders.

- Focuses on evidence-based practice with references to the latest research and new DSM-V classifications
- Discusses the types of eating disorders and their causes, reviews treatment methods and their outcomes, and provides guidance on dealing with challenging cases
- Illustrates concepts and methods using several case studies that run throughout the book, as well as many examples from the author's clinical work
- Written in clear and concise language by an expert with over 40 years' experience in the field



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