



## Understanding Your Eating: How to Eat and not Worry About it: How to eat and not worry about it (Paperback)

By Julia Buckroyd

OPEN UNIVERSITY PRESS, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. To understand your eating, you first have to understand yourself. This easily-read book helps you to step back and discover what influences your eating habits. Dr Ian Campbell - Founder of the National Obesity Forum and medical consultant on ITV s The Biggest Loser and Fat Chance This valuable book makes sense of how food and eating may be misused and become entangled with emotions as a way of dealing with them. Dr Helena Fox - Clinical Psychiatrist for Channel 4 s Supersize vs Superskinny and for the eating disorders unit at Capio Nightingale Hospital I have never read such an interesting and thought provoking book on eating disorders such as this. For practitioners reading this publication, I feel it illustrates successfully the clinical significance of the biopsychosocial aspects of eating disorders such as the role of the mother or caregiver (s), the environment of the patient s upbringing and how their self identity is later affected and challenged through self medicating with food or using food or lack of as punishment for their self perceived worthlessness. Dr H L E Garrod MBPsS, BA (Hons),...



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