## CONTENTS

*About the Author* ........................ vi
*Preface to the Second Edition* ........ vii
*Preface to the First Edition* .......... viii

1. What are the Eating Disorders? ........ 1
4. Thinking About Eating Disorders ....... 70
5. What is Involved in Recovery from Eating Disorder? 84
6. Assessing People with Eating Disorders 93
7. What Helps People with ‘Bulimic Disorders’? 123
8. What Helps People with Anorexia Nervosa? 158
9. Unusual Eating Disorders .............. 202
10. What May Go Wrong? .................. 215
11. The Organising Services for People with Eating Disorders 241

*References* ............................. 260
*Index* .................................. 287