



Nutrition Counseling in the Treatment of Eating Disorders

Marcia Herrin

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Most eating disordered patients believe themselves to be experts on the subject of nutrition, therefore the job of effective patient counseling becomes even more challenging. This book presents both nutritional and physiological information in a thoroughly detailed manner. The compilation of concepts, techniques, and alternatives makes the book unique in style and content. Addressing the food, weight, and nutrition issues that must be tackled in the treatment of eating disordered individuals, this text will give professionals the necessary information for effective patient counseling.



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