



Help Your Teenager Beat an Eating Disorder, Second Edition

By James Lock MD PhD, Daniel Le Grange PhD



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Tens of thousands of parents have turned to this compassionate guide for support and practical advice grounded in cutting-edge scientific knowledge. Top experts James Lock and Daniel Le Grange explain what you need to know about eating disorders, which treatments work, and why it is absolutely essential to play an active role in your teen's recovery--even though parents have often been told to take a back seat. Learn how to monitor your teen's eating and exercise, manage mealtimes, end weight-related power struggles, and partner successfully with health care providers. When families work together to get the most out of treatment and prevent relapse, eating disorders *can* be beat. This book is your essential roadmap. Featuring the latest research, resources, and diagnostic information, the second edition has been expanded to cover binge-eating disorder.

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Editorial Review

Review

“This book is essential reading for any parent or family member of a teen with an eating disorder. It’s especially useful for those who have been told to ‘not be the food police’ or that they have no role in helping support a loved one with an eating disorder. It offers practical advice for how to help, along with something just as important: hope.”--Harriet Brown, author of *Brave Girl Eating: A Family’s Struggle with Anorexia*

“Parents facing their son or daughter’s eating disorder are caught in a stormy night of fear and confusion. This second edition is a welcome lighthouse. Like the authors’ family-based treatment model, the book empowers parents with the information and direction needed to ride out the storm and find safety. I recommend this book to parents, clinicians, and advocates.”--Laura Collins Lyster-Mensh, MS, founder of Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.)

“From two renowned clinician-researchers, this book offers plenty of useful information. Throughout, vignettes offer clear-cut advice on how to respond to the many issues parents encounter before, during, and after treatment. This book is suitable for anyone who wants to learn more about the impact of eating disorders on families, and how to help.”--W. Stewart Agras, MD, Department of Psychiatry, Stanford University

"Eating disorders can creep into your family life and take you by surprise. This book, written by two of the foremost clinicians in the field, illustrates the multifaceted nature of the problem and allows you to expand your resources based on their wisdom."--Janet Treasure, PhD, FRCP, FRCPsych, Director, Eating Disorders Research Unit, Kings College London, United Kingdom

"In the fall of 2005 our daughter was confined to a hospital bed. Her doctor recommended *Help Your Teenager Beat an Eating Disorder*. I recognized my daughter's anorexic behaviors in the very first paragraph of Chapter 1, but didn't realize then how invaluable the book would be in the months to follow. This book has been one oasis of sanity that I've revisited many times, and each time I've found hope and help. I'll continue to recommend it as required reading for any parent who's fighting for their child's life."--Ann, member of www.maudsleyparents.org

"The second edition has been fully updated to incorporate current diagnostic classifications for feeding and eating disorders and the latest research evidence. Lock and Le Grange use their wealth of academic expertise and clinical wisdom to offer parents empathy, understanding, and practical advice. Written in accessible language, the book is filled with realistic scenarios aimed at affirming and mobilizing parents to take action. Lock and Le Grange address many of the pervasive myths about eating disorders, assuage guilt, and offer hope to parents in the frightening early stages of the illness. Highly recommended."--Dasha Nicholls, MBBS, MD, Feeding and Eating Disorders Service, Great Ormond Street Hospital and Institute of Child Health, London, United Kingdom

"The book is of high quality and would be of help to any family facing this difficult situation." *Doody's Review Service* (on the first edition)
(*Doody's Review Service* 2005-08-26)

"There are many red flags that parents should recognize when it comes to their adolescent daughter or son's eating habits, and this intelligent book points them out clearly and concisely." (on the first edition)
(*Publishers Weekly* 2005-01-31)

About the Author

James Lock, MD, PhD, is Professor of Child Psychiatry and Pediatrics at Stanford University and Director of the Stanford Child and Adolescent Eating Disorders Program. Dr. Lock has received numerous awards for his research on eating disorders and has published several books for professionals in collaboration with Daniel Le Grange. He is committed to providing evidence-based treatments to children, adolescents, and their families.

Daniel Le Grange, PhD, is the Benioff UCSF Professor in Children's Health in the Departments of Psychiatry and Pediatrics and Joint Director of the Eating Disorders Program at the University of California, San Francisco. He is Emeritus Professor at the University of Chicago, where he was Director of the Eating Disorders Program until 2014. An award-winning researcher, Dr. Le Grange was a member of the team at the Maudsley Hospital in London that developed family-based treatment for anorexia nervosa. Over his career, he has treated numerous adolescents and families struggling with eating disorders.

Users Review

From reader reviews:

Terry Holmes:

In this 21st one hundred year, people become competitive in every way. By being competitive today, people have to do something to make themselves survive, being in the middle of the particular crowded place and notice through surrounding. One thing that oftentimes many people have underestimated that for a while is reading. Yeah, by reading a reserve your ability to survive improve then having chance to endure than other is high. To suit your needs who want to start reading a book, we give you this *Help Your Teenager Beat an Eating Disorder, Second Edition* book as beginner and daily reading publication. Why, because this book is usually more than just a book.

Nick McAllister:

This *Help Your Teenager Beat an Eating Disorder, Second Edition* are reliable for you who want to certainly be a successful person, why. The explanation of this *Help Your Teenager Beat an Eating Disorder, Second Edition* can be one of several great books you must have will be giving you more than just simple examining food but feed an individual with information that might be will shock your before knowledge. This book is usually handy, you can bring it almost everywhere and whenever your conditions in e-book and printed people. Beside that this *Help Your Teenager Beat an Eating Disorder, Second Edition* forcing you to have an enormous of experience including rich vocabulary, giving you trial of critical thinking that could it useful in your day activity. So , let's have it and revel in reading.

Susan Crowell:

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