



Leaving the Labyrinth: 25 Activities for Living Well After an Eating Disorder (Paperback)

By Dr Susan E Allen

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Dr. Susan E. Allen, a psychologist who has worked for many years to help people navigate the very difficult recovery and healing from an eating disorder, has compiled this readable and easy to use collection of some of her clients favorite activities and homework assignments. Anybody who struggles with either disordered eating or an eating disorder will benefit from this creative and multi-faceted self-help book which guides the reader through various ways to cope with challenging emotions, develop relationships, build self-esteem, and continue the good work of self care. Each selection concludes with a brief exercise, giving the reader an opportunity to further personalize the activity presented. A helpful and easy to use resource for mental health practitioners as well.



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