



Date : 27/03/2024

Pages : 74

Format cm : 14 x 20

Prix : 14.9

EAN : 9782330188016

You Can Recover!

Anorexia, Bulimia, Polyphagia, and More

Authors: Maria Poblete (Text) - Alice Bunel (Illustrations)

Publisher : Actes Sud Jeunesse

Category :

Genres : Non-Fiction Children's Books

Keywords : Eating disorders - Suffering - Adolescence

A guide for teens suffering from eating disorders, as well as their families, with real-life accounts and resources. A must-have tool.

Eating disorders, such as anorexia and bulimia, can appear anytime from preadolescence onward. Drawing on real-life accounts, Maria Poblete explores the causes and triggers of these disorders, explaining how those affected suffer and providing loved ones with the tools to support them. This book explains how to overcome an eating disorder, which people and organizations to turn to for help, and what recovery looks like – a real guide on how to pull through. It also points readers in the direction of resources and contacts to tackle and work through these illnesses.
