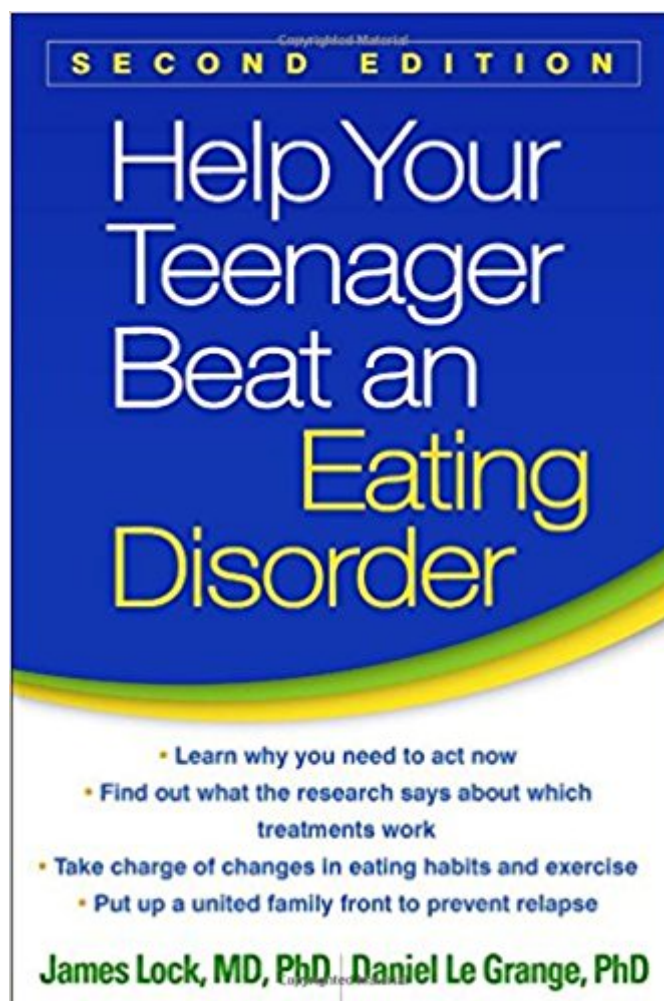


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# Help Your Teenager Beat An Eating Disorder, Second Edition



## Synopsis

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. Â

## Book Information

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## Customer Reviews

â œThis book is essential reading for any parent or family member of a teen with an eating disorder. Itâ™s especially useful for those who have been told to â^not be the food policeâ™ 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.â •--Harriet Brown, author of *Brave Girl Eating: A Familyâ™s Struggle with Anorexia* â œParents facing their son or daughterâ™s eating disorder are caught in a stormy night of fear and confusion. This second edition is a welcome lighthouse. Like the authorsâ™ 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.â •--Laura Collins Lyster-Mensh, MS, founder of Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.) â œFrom 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.â •--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&#39;s anorexic behaviors in the very first paragraph of Chapter 1, but didn&#39;t realize then how invaluable the book would be in the months to follow. This book has been one oasis of sanity that I&#39;ve revisited many times, and each time I&#39;ve found hope and help. I&#39;ll continue to recommend it as required reading for any parent who&#39;s fighting for their child&#39;s life."--Ann, member of [www.maudsleyparents.org](http://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&#39;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&#39;s eating habits, and this intelligent book points them out clearly and concisely." (on the first edition) (Publishers Weekly 2005-01-31)

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. Â

The book is written and marketed to parents of teens with eating disorders. But the author at times seems to be talking to his research peers. He goes into a lot of detail about past methods that do not work and the history of treating these diseases. At other times he talks down to the reader giving way too many "examples" of family situations. Ugh. That ship sailed with 90s style self help books. I just want the facts. Tell me how I can help my child. If this book was 100 page lighter it would be a five star read.

When my daughter spiraled down into anorexia we checked out 6 books and purchased another 7. This was the single most helpful of all of them. We got information from each of them, but this one synthesizes the information in understandable and concise form. Our daughter got down to a Body Mass Index of 14 and was at the threshold of hospitalization. We committed our family fully to the Maudsley Method which James Lock is a leading expert in. We have had tremendous success over two months and feel like we are firmly on the recovery track. I can not stress strongly enough that you the family have to become in charge of your daughter's recovery. Commit yourselves 100% to full nutrition every meal, every day. There will be tantrums, 3 hour breakfasts, crying, horrible things said by the daughter, but . . . . . eventually she eats more . . . then more . . . then she slowly then steadily gains to a health weight. As she gains the behaviors and moods associated with starvation go away. Do not count on any of your care team being familiar with or supportive of Maudsley methodology. You might have to change the treatment team or become the leader. Traditional teaching stresses that eating disorders may be caused by family dysfunction or abuse or underlying mental illness. Maudsley does not focus on the why at first, but rather concentrates on re-feeding to restore normal brain function. Then any underlying issues can be addressed successfully without the effects of starvation getting in the way. Remember, you probably did not cause your daughter to

have anorexia. But, you can help her recover.

This book will take you into the mind and thought process of a child with an eating disorder, and give you the skills you need to help your child. The book outlines the behaviors associated with an ED and the medical crisis your child is in. If you suspect your child has an ED this book will clarify what an ED really looks like. You will begin to understand what is happening inside of your child, how typical parenting will worsen the ED, that you did not cause the ED, and the research based approaches that are helping families recover.

I have the original and there is not much change. But it is still a phenomenal resource to have!

Very informative

One of the many books we have used to navigate our way through the horrible disease of an eating disorder. No one book has it all because everyone's journey and recovery are different. But all books are helpful as they might offer thy one glimmer of hope that your family needs.

Very good background information about eating disorders, explaining what they are, how they affect your child, what the potential consequences are, why you need to act, and how to go about it. Much more comprehensive coverage than A Parent's guide. Helped me to understand what I was up against and become more confident about tackling it.

I wish we would have ordered this book when we first found out our daughter had an eating disorder. It would have changed our first 3 weeks of treatment that were critical and not successful. It wasn't until we took control of our daughter's treatment that she began to get better.

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