



Regaining Your Self: Understanding and Conquering the Eating Disorder Identity

By Ira M. Sacker

Health Communications. Paperback. Book Condition: new. BRAND NEW, Regaining Your Self: Understanding and Conquering the Eating Disorder Identity, Ira M. Sacker, "I wish there had been a book like this when I was sick. Dr. Sacker truly understands this complex disorder." - Tracey Gold, actress and author of "Room to Grow: An Appetite for Life" ""Regaining Your Self" offers a logical approach to understanding eating disorders. The emphasis on deficits in identify and trust will open doors for therapists who treat anorexia, as well as make constructive demands on them. Above all, Regaining Your Self will remind us that psychotherapy must have a personal element to succeed." - Steven Levenkron, M.S., Author of The Best Little Girl in the World and Anatomy of Anorexia "Dr. Ira Sacker is an innovator in his treatment approach. His in-depth and heartfelt understanding of the minds and souls of people struggling with eating disorders is a breath of fresh air. This book will serve as an invaluable tool for those who work with eating disorders and body image issues." - Jessica Weiner, Author of A Very Hungry Girl and Do I Look Fat in This? You Are Not What You Don't EatNever has...



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