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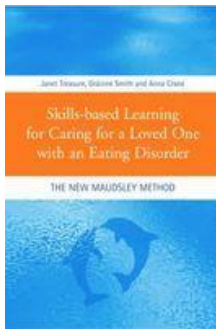


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Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method

By Janet Treasure, Grannie Smith & Anna Crane

Skills-based Learning for Caring for a Loved One with an Eating Disorder equips carers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery. Through a coordinated approach, this book offers information alongside detailed techniques and strategies which aim to improve professionals and home carers ability to build continuity and consistency of support for their loved ones. The authors use evidence based research and personal experience as well as practical support skills, to advise the reader on a number of difficult areas in

carers for someone with an eating disorder, these include: Working towards positive change through good communications skills; Developing problem solving skills; Building resilience; and Managing difficult behaviour. This book is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder. It will enable the reader to use the skills, information and insight gained to help change eating disorder symptoms. *Our Price: \$37.80*

Breaking Free from Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers

By Janet Treasure

When anorexia nervosa strikes an individual their family is thrown into confusion by the mixture of emotions that emerge. One of the strongest is fear. The fear arises partially because so much is unknown. What has caused this to happen? What will happen now? What can we do about it? This book is an attempt to answer some of these questions. In her work with patients and families Janet Treasure has tried to ensure that family and professionals collaborate and co-operate in order to overcome the power of the illness. *Our Price: \$38.70*



Maudsley Method of Eating Disorders

By Janet Treasure & Nicholas Troop

Due for publication in January 2009.

BOOKS ARE GREAT RESOURCES

Learn more about the effects of eating disorders on individuals and their relationships, counseling children & adolescents, family-based therapy and encouraging healthy habits. Here is a highly recommended reading list to get you started. Recommended by the UNSW Bookshop and The Centre for Eating & Dieting Disorders.

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Getting Better Bit(e) by Bit(e): Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

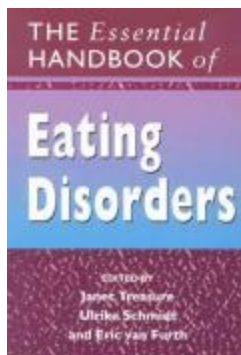
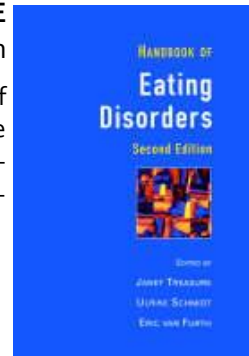
By Janet Treasure, Ulrike Schmidt & Tome Treasure

Many women's lives are blighted by the widespread physical and psychological problems caused by eating disorders, such as bulimia nervosa and a wide range of allied conditions. This self-help book, whose efficacy has been proven in clinical trials, empowers sufferers to take control of their own lives and tackle their eating difficulties in their own home. Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers. Based on the most recent research, it provides detailed step-by-step advice for dealing with this condition. The book concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life. Issues covered in depth include: how to cope with binges, cravings and urges; the health risks of dieting; how to achieve an optimal weight; how to give up vomiting, laxatives and diuretics; how to get fitter; the wounds of childhood; faulty thinking; assertiveness; the slippery slope of drink and drugs; relationships and bulimia; common work problems; and how to cope with set-backs. *Our Price: \$36.90*

Handbook of Eating Disorders: Theory, Treatment and Research 2E

By Janet Treasure, Ulrike Schmidt & Eric Van Furth

This 2nd edition of the *Handbook of Eating Disorders* offers a comprehensive, critical account of the whole field of eating disorders, incorporating both basic knowledge and a synthesis of the most recent developments in the area. An invaluable review, it covers basic concepts and science, clinical considerations of definition and assessment, and treatment approaches, and focuses on newer developments in research and treatment. *Our Price: \$229.50*



The Essential Handbook of Eating Disorders

By Janet Treasure, Ulrike Schmidt and Eric Van Furth

This is a concise paperback version of the authoritative and comprehensive *Handbook of Eating Disorders 2nd Ed*, focusing on the most practical elements from that volume. Ideal for the individual practitioner, this selection of chapters concentrates on the main therapeutic approaches in use, including cognitive behavioural treatments, interpersonal psychotherapy, family interventions, dialectical behaviour therapy and drug treatments. Indispensable for those working in the eating disorders field, such as clinical psychologists, child psychologists, family therapists, psychiatrists, psychiatric nurses, social workers and occupational therapists. *The Essential Handbook of Eating Disorders* will also be of interest to researchers, lecturers and those in training in the field. *Our Price: \$74.65*

The Female Body in Mind

By Janet Treasure, Mervat Nasser & Karen Baistow

The Female Body in Mind introduces new ways of thinking about issues of women's mental health assessment and treatment. The multidisciplinary approach incorporates social, psychological, biological and philosophical perspectives on the female body. The contributions, from notable academics in the field of women's mental health, examine the relationship between women's bodies, society and culture, demonstrating how the body has become a platform for women's expression of their distress and anguish. The book is divided into six sections, all centered on the theme of the body: The Body at Risk; The Hurting Body; The Reproductive Body; The Interactive Body; Body Sensitive Therapies; and The Body on my Mind. All professionals involved in women's mental health will welcome this exploration of the complexities involved in the relationship between women bodies and their mental health. *Our Price: \$64.80*

Animal Models: Disorders of Eating Behaviour and Body Composition

By Janet Treasure, John Owen & David Collier

Eating disorders are significant human health problems that are proving highly resistant to prevention and cure. The recognition of important genotype/environment interaction in the causation of these problems and of the extensive genetic homology of higher animals justifies the importance of cross-species comparisons. This book covers observations made on animals in the wild as well as experimental data on laboratory animals and farm animals in order to lay out the basic genetic and environmental factors underlying the control of appetite (including diet selection) and body weight. Breakdown in these intricate mechanisms are then compared to examine the possible common candidate genes and their interaction with non-genetic factors, particularly the availability of diet choice and of levels of body activity. Animals have much to tell us about these mysteries and may significantly aid progress in dealing with what are still highly intractable and serious diseases of the modern world. *Our Price: \$260.95*

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