



A Parent's Guide to Defeating Eating Disorders: Spotting the Stealth Bomber and Other Symbolic Approaches

Ahmed Boachie, Karin Jasper

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Building a supportive and open relationship with young people suffering from eating disorders is key to assisting the recovery process. This book is packed with metaphorical explanations that will allow parents and caregivers to ally themselves with treatment rather than the eating disorder, and take positive steps with their child towards a full and lasting recovery.

Written by experienced eating disorder specialists, the book will help caregivers to reach out to young people having difficulty cooperating with treatment. Its effective use of analogies and metaphors helps to crystallize a practical understanding of eating disorders and the crucial aspects of the treatment process. Integrating medical, psychological, and narrative aspects, as well as the visual (with illustrations), it encourages the reader, and by extension the sufferer, to conceptualize each step towards health.

This book will be an invaluable tool for families, friends, and those working with young people suffering from eating disorders. The fresh perspective will also appeal to mental health professionals and anyone else working in the field.

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