



# Eating Disorders: Time For Change: Plans, Strategies, and Worksheets

*Mona Villapiano, Laura J. Goodman*

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**Eating Disorders: Time For Change: Plans, Strategies, and Worksheets** Mona Villapiano, Laura J. Goodman

This collection for therapists and clients presents practical, how-to information, for the treatment of eating disorders. The authors have kept the needs of the therapist in mind by considering managed care as well as specific therapeutic issues. This resource will maximize the efficient use of time and resources for the therapist and increase the efficacy of work with clients with eating disorders. Clients will find the tools to be helpful resources and a critical extension of individual therapy.

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