



## Anorexia Nervosa: Hope for Recovery

By Agnes Ayton

Hammersmith Press Limited. Paperback. Book Condition: new. BRAND NEW, Anorexia Nervosa: Hope for Recovery, Agnes Ayton, Anorexia nervosa is a potentially fatal disorder that is notoriously difficult to treat and provokes feelings of great frustration in carers, families and friends. Child & Adolescent Psychiatrist, Dr Agnes Ayton FRCPsych, offers a new perspective, bringing together what is currently known and scientifically verified with her own ground-breaking work combining psychotherapy with nutritional support. Providing sufferers and carers with a knowledge of the full range of treatment options empowers them to make informed choices that can be tailored to the individual's needs. To assist them, Anorexia Nervosa - hope for recovery: \* focuses on anorexia and other eating disorders associated with being significantly underweight \* emphasises nutrition, especially what is known about the physical and psychological effects of starvation and the process of recovery from these \* offers dietary 'prescriptions', menu plans, and recovery strategies \* integrates pharmacological, psychological and nutritional treatment options It will help sufferers and carers to make informed choices that can change lives for the better.



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