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Dying to Be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia--A Practical, Lifesaving Guide

Ira M. Sacker, Marc A. Zimmer

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In a society that favours a slim body image, eating disorders such as anorexia and bulimia are on the increase. This authoritative and compassionate guide gives families, friends and sufferers themselves the help they need.

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