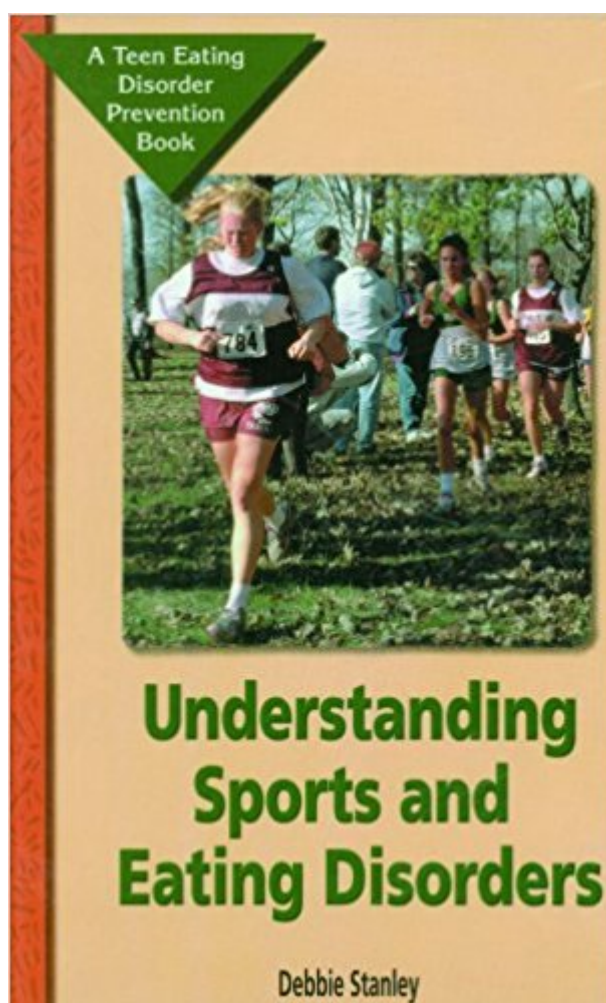




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Understanding Sports And Eating Disorders (Teen Eating Disorder Prevention Book)



Synopsis

The Teen Eating Disorder Prevention Books provide in-depth examinations of eating disorders, including their causes, symptoms, and treatment. The series gives critical information about developing sensible eating habits and a positive body image while encouraging teens to build self-esteem and practice healthy living. Teen athletes are at high risk for developing an eating disorder. In this volume, the author provides comprehensive information on health and nutrition as they relate to the needs of athletes and describes the dangers of disordered eating. Readers who are already suffering from an eating disorder will find resources to overcome their illness.

Book Information

Series: Teen Eating Disorder Prevention Book

Library Binding: 128 pages

Publisher: Rosen Publishing Group (January 1, 2000)

Language: English

ISBN-10: 0823929930

ISBN-13: 978-0823929931

Product Dimensions: 6.2 x 0.6 x 9.4 inches

Shipping Weight: 14.1 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,406,516 in Books (See Top 100 in Books) #103 in Books > Teens >

Personal Health > Diet & Nutrition #135 in Books > Teens > Personal Health > Depression &

Mental Health #1634 in Books > Teens > Education & Reference > Social Science

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Debbie Stanley transitioned from a successful career in journalism and reference publishing to the highly rewarding role of professional organizer and coach for chronically disorganized clients. The owner of Red Letter Day Professional Organizers (<http://www.RLDPO.com>), Stanley's work is informed by a bachelor's degree in journalism and a master's in industrial/organizational psychology. Stanley contributes to the growth of her industry as a trainer to fellow organizers and as a speaker to groups, including Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD). She is the chair of the National Association of Professional Organizers' Publications Committee and president of NAPO's Southeast Michigan chapter. Stanley is also a past board

member of and active participant in the National Study Group on Chronic Disorganization (NSGCD) and has earned the NSGCD's Chronic Disorganization Specialist certificate.

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