



# What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders

By Tammy Nelson PhD

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## What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders By Tammy Nelson PhD

Living in a culture obsessed with body size and shape, it can be hard to feel good about the way you look. But eating disorders caused by unrealistic body image ideals create much larger problems-diminished self-confidence, unhealthy eating and exercising habits, and an inability to see yourself as a person rather than a number on the scale.

This workbook takes aim at the motivations behind your relationship with food and helps you to better understand how your need to control what you eat can end up controlling you. As you complete the worksheets in **What's Eating You**, you'll learn more about the beliefs and experiences that contribute to your disorder. Each worksheet includes questions and exercises targeting the cultural myths, perfectionism, stress, and lack of self-confidence that are often at the heart of a dysfunctional relationship with food. Once these issues are addressed, you'll be able to gather the strength you need to make peace with your body, exude confidence, and live a healthy life.

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### Editorial Review

#### Review

##### From the Publisher

Bingeing, purging, excessive dieting, and relentless exercising are all destructive behaviors common among young women with eating disorders. The activities in this book help teenage girls understand how their eating behaviors developed, recognize the relationship between their emotions and their eating, and learn to see their bodies in a positive light.

##### About the Author

**Tammy Nelson, PhD**, is a world-renowned expert in relationships, a psychotherapist in private practice, and the author of *The New Monogamy*. In addition, Nelson is a popular lecturer around the world on sexuality and human relationships and global relational change. She is a board-certified sexologist, an AASECT-certified sex therapist, a licensed professional counselor, and a certified Imago relationship therapist. She resides in the New York City area, where she works in her private practice treating couples who are looking to restore passion to their relationships, recover from infidelity, and create their new monogamy, one agreement at a time.

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**Sanjuana Day:**

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