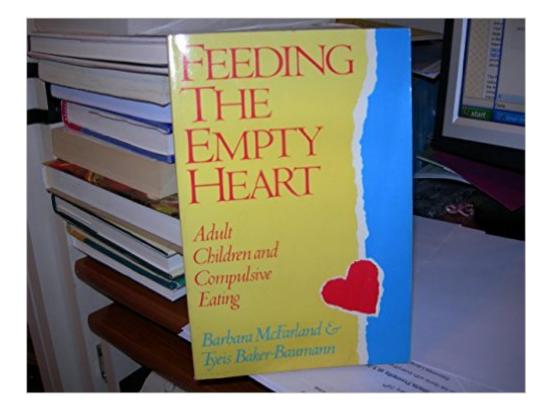
The book was found

Feeding The Empty Heart: Adult Children And Compulsive Eating





Book Information

Paperback Publisher: Harpercollins (May 1988) Language: English ISBN-10: 0062554832 ISBN-13: 978-0062554833 Product Dimensions: 0.5 x 5.2 x 8.2 inches Shipping Weight: 2.4 ounces Average Customer Review: 5.0 out of 5 stars Â See all reviews (3 customer reviews) Best Sellers Rank: #2,070,433 in Books (See Top 100 in Books) #32 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #1675 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #2777 in Books > Medical Books > Psychology > Neuropsychology

Customer Reviews

Many children who grew up in an alcoholic families attempt to cope with the pain through behaviors which are potentially addictive. This groundbreaking book is the first to explain why children of alcoholics are especially prone to developing the addictive illness of compulsive eating. Therapists Barbara McFarland and Tyeis Baker-Baumann, experts in the treatment of compulsive eating, take a thorough and insightful look at the relationship between compulsive eating and adult children of alcoholic issues. They reveal the following four factors which, if present in the alcoholic home, may foster eating disorders:*Alcoholism has progressed far enough that it twarts the child's ability to develop trust, self-esteem, interpersonal skills, and a solid personal identity.*The family uses food to comfort and console, or views weight/apperances as signpost identity.*The child receives "mixed messages" about his or her parents' traditional sex roles.*The child adopts certain roles within the alcoholic family system.Feeding the Empty Heart not only offers an understanding of the problem of eating disorders in adult children of alcoholics, it also outlines effective treatment options, describes the recovery process and shares personal stories that make poignantly clear the struggles - and rewards - that lie along the way to recovery. -- from book's back cover

Great read! I bought this for my husband and he loves it, is able to relate to the issues that are discussed and the concept is presented very well. The only down side he noticed is that it is written more for a woman to read, and he feels the authors could expand their book by making it more

I think this is a great book. It really hits home for me. I think it is a great read. Tali

Download to continue reading...

Feeding the Empty Heart: Adult Children and Compulsive Eating Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Feeding the Whole Family: Cooking with Whole Foods: More than 200 Recipes for Feeding Babies, Young Children, and Their Parents Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) Living with Anxiety and an Obsessive Compulsive Partner (OCD, Mental Illness, Anixety, Depression, ERP, Obsessive Compulsive Disorder) OCD: Take CONTROL of Obsessive-Compulsive Behavior for good!: A guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered from Distraction) Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating. 11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) FULL HUCOW BUNDLE: POURING CREAM (adult nursing lactation feeding older man romance collection box set anthology bdsm) Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series) Adult Romance: Adult Bedtime Short Stories - Sultry XXX

Romantic Billionaire Romance, Mail Order Bride Historical Romance, Western, Alpha Male Love, New Adult, Victorian Romance, Bedtime Anthology Coping With Compulsive Eating The Fun with Food Programme: Therapeutic Intervention for Children with Aversion to Oral Feeding

<u>Dmca</u>