



Fit to Die: Men and Eating Disorders (Lucky Duck Books)

Anna Paterson

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'This is a book that will be useful to carers, helping them understand the issues that affect male sufferers and some of the barriers they will have to break down in order to recover. It will also reassure men affected by an eating disorder that they are not alone, their problems are understood by medical professionals and that recovery is possible' - *Signpost*

Anna has established herself as a leading author in the field of eating disorders and combines her personal experiences with an extensive research interest. Her two previous books published by Lucky Duck were winner and special commendation in the NASEN/TES book awards and we expect this publication to be equally well received.

It would be a mistake to think that eating and body image problems are experienced only by women. Anna draws the readers attention to the characteristic and special difficulties for men, including:

" athletics, body building and eating

" depression and self-esteem

" eating disorders and homosexuality.

Like all her books she offers a comprehensive overview and contributes information, advice and hope. This is a book for those affected and those who want to help them.

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From reader reviews:

Colleen Key:

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Joseph Nixon:

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Cheryl Lopez:

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