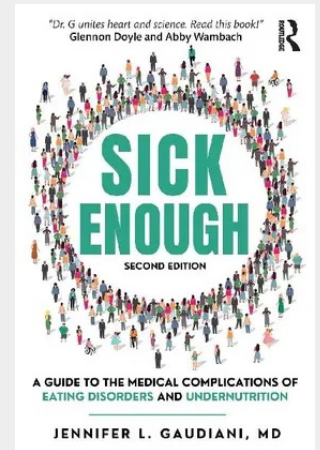


Sick Enough

A Guide to the Medical Complications of Eating Disorders and Undernutrition

Whether you are someone with an eating disorder wanting to understand what's happening in your body, a family member searching for answers, or a clinician striving to provide the best care, Sick Enough: A Guide to the Medical Complications of Eating Disorders and Undernutrition offers relatable case presentations, stories and metaphors, peer-reviewed literature, approachable scientific explanations, and practical strategies. This updated guide to the bestselling first edition is essential for anyone affected by eating disorders, disordered eating, dieting, and undernutrition due to complex medical problems and other issues, and features: - Weight-inclusive philosophy - Comprehensive coverage of eating disorders - Chapters about "unmeasurable" medical issues such as mast cell activation syndrome (MCAS) and postural orthostatic tachycardia syndrome (POTS) - Recognition of specific populations including athletes, those in (peri)menopause, and individuals with challenges like PTSD and ADHD

By combining relatable case presentations with approachable scientific explanations, Sick Enough: A Guide to the Medical Complications of Eating Disorders and Undernutrition provides an essential guide for anyone affected by eating disorders, disordered eating, undernutrition, and dieting.



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