



When Food Is Family: A Loving Approach to Heal Eating Disorders

Judy Scheel

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This is the first book to illustrate how the eating disorder is used as a metaphoric voice -- sometimes the only voice available to a person with an eating disorder -- when relationships break down. It is a hands-on, working guide to eating disorder recovery that will help families understand causes of eating disorders and the impact they have on relationships. They will learn ways to work together to heal, repair, and rebuild positive interactions.

Exercises and examples throughout the book demonstrate what to do that will help the entire family change patterns of communication, establish trust and empathy for each other, and learn how to listen to and understand the person with the eating disorder.

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