



# Anorexia Nervosa: hope for recovery

*Agnes Ayton*

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## **Anorexia Nervosa: hope for recovery** Agnes Ayton

Anorexia nervosa is a potentially fatal disorder that is notoriously difficult to treat and provokes feelings of great frustration in carers, families and friends. Child & Adolescent Psychiatrist, Dr Agnes Ayton FRCPsych, offers a new perspective, bringing together what is currently known and scientifically verified with her own ground-breaking work combining psychotherapy with nutritional support. Providing sufferers and carers with a knowledge of the full range of treatment options empowers them to make informed choices that can be tailored to the individual's needs. To assist them, *Anorexia Nervosa - hope for recovery*: focuses entirely on anorexia and other eating disorders associated with being significantly underweight; emphasises nutrition, especially what is known about the physical and psychological effects of starvation and the process of recovery from these; offers dietary 'prescriptions', menu plans, and recovery strategies; integrates treatment options, showing how the individual can achieve a balance. This is a practical book helping sufferers and carers to make informed choices that can change the lives of all concerned for the better.

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