



## A Young Person's Guide to Cognitive Behavioural Therapy for Eating Disorders

Riccardo Dalle Grave and Simona Calugi



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# A Young Person's Guide to Cognitive Behavioural Therapy for Eating Disorders

*By* Riccardo Dalle Grave, Simona Calugi

A Young Person's Guide to Cognitive Behaviour Therapy for Eating Disorders is a state-of-the-art guide for young patients struggling with disordered eating based on enhanced cognitive behaviour therapy (CBT-E). Written by two experienced clinical researchers working daily with teenagers suffering from eating disorders, and their parents, this book offers an effective mix of theory and clinical expertise that will appeal to all readers. While this book is specifically tailored for teenagers aged between 15 and 25 years with eating disorders treated with CBT-E, it will also be useful for all young persons affected by eating disorders and clinicians using CBT-E with young patients.

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