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## Next to Nothing: A Firsthand Account of One Teenager's Experience with an Eating Disorder

By Carrie Arnold, B. Timothy Walsh

Oxford University Press Inc. Paperback. Book Condition: new. BRAND NEW, Next to Nothing: A Firsthand Account of One Teenager's Experience with an Eating Disorder, Carrie Arnold, B. Timothy Walsh, More than simple cases of dieting gone awry, eating disorders such as anorexia and bulimia are among the most fatal of mental illnesses, responsible for more deaths each year than any other psychiatric disorder. These illnesses afflict millions of young people, especially women, all over the world. Carrie Arnold developed anorexia as an adolescent and nearly lost her life to the disease. In Next to Nothing, she tells the story of her descent into anorexia, how and why she fell victim to this mysterious illness, and how she was able to seek help and recover after years of therapy and hard work. Now an adult, Arnold uses her own experiences to offer practical advice and guidance to young adults who have recently been diagnosed with an eating disorder, or who are at risk for developing one. Drawing on the expertise of B. Timothy Walsh, M.D., one of America's leading authorities on eating disorders, she reveals in easy-to-understand terms what is known and not known medically about anorexia and bulimia. The book...



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