Up-to-date and accessible, the second edition of *Helping People with Eating Disorders* is a comprehensive guide to understanding, assessing, and treating eating disorders.

- Focuses on evidence-based practice with references to the latest research and new DSM-V classifications
- Discusses the types of eating disorders and their causes, reviews treatment methods and their outcomes, and provides guidance on dealing with challenging cases
- Illustrates concepts and methods using several case studies that run throughout the book, as well as many examples from the author’s clinical work
- Written in clear and concise language by an expert with over 40 years’ experience in the field

**ABOUT THE AUTHOR**

Bob Palmer is Honorary Professor of Psychiatry at the University of Leicester, UK, where he spent much of his career as an NHS clinician and consultant psychiatrist. Over the last 40 years, he has become a leading figure in the field of eating disorders and has been involved in innovative research, clinical practice, education and administration. He is a recipient of Lifetime Achievement
Awards from the Academy for Eating Disorders and Beat, the UK eating disorders charity. He is also the author of numerous articles and the author or editor of several books.

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