



# Food for Thought: Perspectives on Eating Disorders

*Nina Savelle-Rocklin*

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## **Food for Thought: Perspectives on Eating Disorders** Nina Savelle-Rocklin

Food for Thought offers fresh psychoanalytic insights into treating clients with eating disorders. In lively and jargon-free language, Nina Savelle-Rocklin breaks down the psychoanalytic approach to give practitioners and general readers alike a deeper understanding of the theory and effective treatment of eating disorders to achieve lasting change and true healing.

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