



# **Anorexia and Bulimia in the Family: One Parent's Practical Guide to Recovery (Family Matters)**

*Gráinne Smith*

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## Anorexia and Bulimia in the Family: One Parent's Practical Guide to Recovery (Family Matters)

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Written by a mother whose daughter suffers from an eating disorder, *Anorexia and Bulimia Nervosa* is a supportive, helpful guide for families of those with eating disorders. Framed by the personal story of Gráinne Smith and her daughter, the book describes the onset and symptoms of the two disorders, as well as the typical situations family and caregivers can expect on the long road to helping the sufferer to recover. Readers will learn about the effects on family life, in particular the common feelings of isolation and helplessness, and get strategies for coping and finding more information and assistance.

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