



Trastornos de la alimentación

By Marta Pérez Gaspar

Editorial Arguval, 2004. soft. Book Condition: New. Una guía completa para conocer, prevenir y tratar los principales trastornos de la alimentación: anorexia nerviosa, bulimia nerviosa, trastorno por atracón, vigorexia y ortorexia. Las orientaciones expuestas no van dirigidas solo a los pacientes, sino también a sus familiares, educadores, compañeros y amigos. El libro incluye una serie de recomendaciones básicas para prevenir la aparición de estos trastornos a través, sobre todo, de la adquisición de hábitos sanos de alimentación.



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