



Eating Disorders in Athletes

Joaquin Dosil

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This comprehensive, up-to-date book presents the latest research and applied practice to address all of the key issues relating to sport and eating disorders. The book begins by looking at the underlying factors behind the development of disordered eating. It goes on to consider evaluation, diagnosis and treatment across a wide range of sports and assesses the various types of treatment available and the practicalities of implementing treatment programmes. A whole chapter is devoted to the role of the internet, both as a source of information and possible treatment, for athletes with these disorders. The final chapter provides four practical examples and case studies of disordered eating in high-risk sports.

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