



## Clinical Manual of Eating Disorders

*Joel Yager, Pauline S. Powers*

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*Clinical Manual of Eating Disorders* provides sound therapeutic advice based on current research and clinical practice. It extensively expands on approaches for well-known disorders such as anorexia nervosa and bulimia nervosa covered by the third edition of the American Psychiatric Association's "Practice Guideline for the Treatment of Patients With Eating Disorders." It also covers strategies for night eating and related syndromes, obesity and weight management in relation to psychiatric medications, psychiatric aspects of bariatric surgery, and management of patients with chronic, intractable eating disorders.

Ranging widely from determining initial treatment approaches to addressing problems posed by unique groups of patients, this book focuses squarely on what psychiatrists need to know about the clinical assessment and management of patients with anorexia nervosa, bulimia nervosa, binge-eating disorder, and obesity. Its insights will enable clinicians to better make nuanced assessments of patients with these conditions, present the best available evidence about treatment options to patients and their families, and initiate and conduct treatment interventions with the majority of patients they encounter. Clinical vignettes illustrate specific techniques and strategies to help anchor the discussions in the decision-making situations commonly faced by practitioners.



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