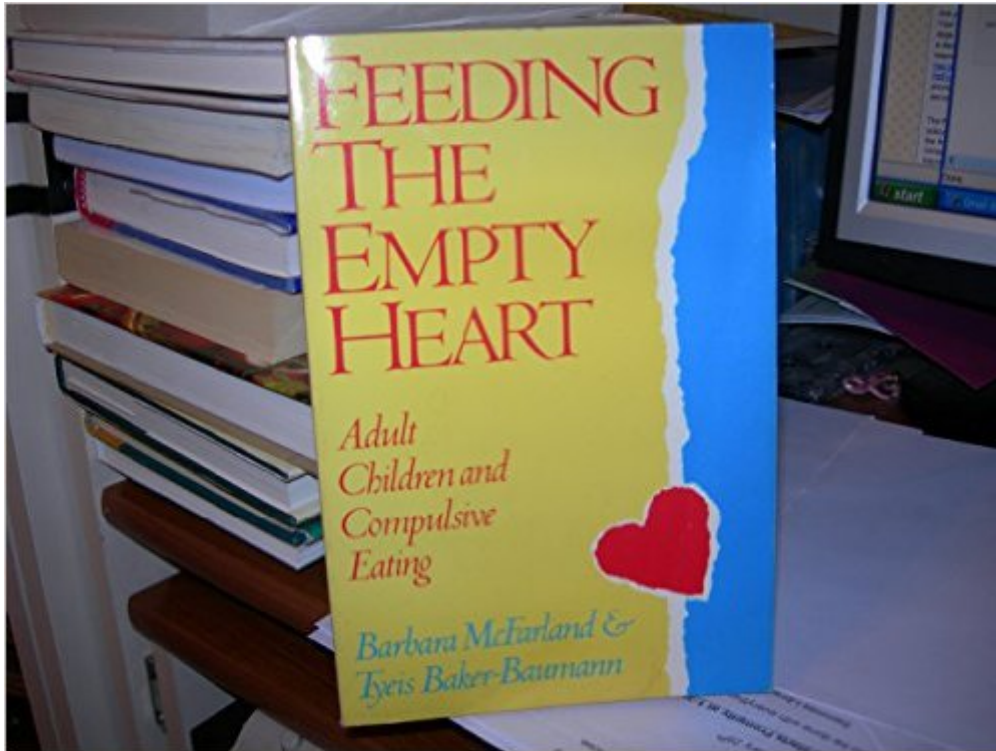


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Feeding The Empty Heart: Adult Children And Compulsive Eating



Book Information

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Language: English

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #2,070,433 in Books (See Top 100 in Books) #32 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #1675 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #2777 in [Books > Medical Books > Psychology > Neuropsychology](#)

Customer Reviews

Many children who grew up in an alcoholic families attempt to cope with the pain through behaviors which are potentially addictive. This groundbreaking book is the first to explain why children of alcoholics are especially prone to developing the addictive illness of compulsive eating. Therapists Barbara McFarland and Tyeis Baker-Baumann, experts in the treatment of compulsive eating, take a thorough and insightful look at the relationship between compulsive eating and adult children of alcoholic issues. They reveal the following four factors which, if present in the alcoholic home, may foster eating disorders: *Alcoholism has progressed far enough that it twarts the child's ability to develop trust, self-esteem, interpersonal skills, and a solid personal identity.* The family uses food to comfort and console, or views weight/appearances as signpost identity.* The child receives "mixed messages" about his or her parents' traditional sex roles.* The child adopts certain roles within the alcoholic family system. Feeding the Empty Heart not only offers an understanding of the problem of eating disorders in adult children of alcoholics, it also outlines effective treatment options, describes the recovery process and shares personal stories that make poignantly clear the struggles - and rewards - that lie along the way to recovery. -- from book's back cover

Great read! I bought this for my husband and he loves it, is able to relate to the issues that are discussed and the concept is presented very well. The only down side he noticed is that it is written more for a woman to read, and he feels the authors could expand their book by making it more

gender neutral.

I think this is a great book. It really hits home for me. I think it is a great read.Tali

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