



# What Do I Do When Teenagers Struggle with Eating Disorders?

*Steven Gerali*

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## **What Do I Do When Teenagers Struggle with Eating Disorders?** Steven Gerali

"There is no how-to manual when it comes to helping teenagers with the multitude of issues they'll face during their adolescence. Whether you work with teens or are trying to parent them, you've probably already run into a few things that you felt completely unprepared or ill equipped to deal with. You are not alone! In this hard-hitting series of books, you'll find answers to the difficult questions you face when challenges arise. Knowing that ninety-five percent of all the people with diagnosed eating disorders are teenage girls, it's likely that you'll encounter this issue if you interact with teens. In *What Do I Do When Teenagers Struggle with Eating Disorders?*, Dr. Steven Gerali will help you: • Understand eating disorders, along with the underlying issues that typically contribute to the disorders • Recognize warning signs that may mean a teen is developing an eating disorder • Realize the role and responsibility the Church has to mobilize help for teens with eating disorders • Create interventions when teens or their parents deny the problem • Develop a referral strategy for teens who need help addressing their eating disorder In this practical book, you'll discover how to identify and help a teen who is struggling with an eating disorder, and you'll find plenty of resources for help beyond what you're able to give."

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