



Ed says U said: Eating Disorder Translator

Catherine Sangster, June Alexander

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When an eating disorder (ED) is involved, the problems caused by miscommunication can have serious consequences. A remark from a parent that is intended as positive encouragement could act as a trigger and a criticism from someone with an ED might really be a cry for help.

This book aims to improve communication between someone with an eating disorder and their friends and family by revealing the eating disorder mind set and decoding language choices. Using examples of real-life, everyday conversations, ED says U said translates the highly charged language of anorexia, bulimia and binge eating disorder and unravels the emotional chaos that can surround sufferers and those who care for them. It provides clear examples of the common pitfalls and gives invaluable advice about how to help in defusing the triggers and regaining the personality swamped by the illness.

A unique resource of information on EDs, this book will be essential reading for everyone who has been affected by eating disorders: sufferers, carers, family and friends, together with health care professionals treating people with eating disorders.

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