



Wege aus der Essstörung: 56 Frauen berichten (German Edition)

Beate Guldenschuh-Fessler

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Beate Guldenschuh, die sich als Psychologin bereits seit Jahren mit der Entstehung, Behandlung und Heilung von Essstörungen beschäftigt, untersucht den Genesungsprozess von 56 Frauen, die in der Vergangenheit an Magersucht und/oder Bulimie erkrankt waren.

Anhand von ausführlichen Befragungen der Betroffenen, die sie in Zitaten auch selbst zu Wort kommen lässt, analysiert die Autorin einerseits den Weg aus der Krankheit, andererseits stellt sie auch die Frage nach Rückfällen und nach der Möglichkeit einer vollständigen Heilung.

Beate Guldenschuhs Werk soll Betroffenen, Angehörigen und Interessierten einen neuen Einblick in das leider hochaktuelle Thema "Essstörungen" ermöglichen und Mut machen, aktiv nach Wegen aus der Krankheit zu suchen.

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