



## The Invisible Man: A Self-help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia (Hardback)

By John F. Morgan

Taylor Francis Ltd, United Kingdom, 2008. Hardback. Condition: New. Language: English . Brand New Book. Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming their problems. The Invisible Man applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems. Divided into four sections, this evidence-based survival kit covers: \* the wider cultural context of male body image problems \* features unique to men \* science fact and science fiction \* a 7 stage approach to treatment. By combining the science of cognitive behaviour therapy with motivational enhancement and problem-solving therapies, The Invisible Man provides help to all men with body image disorders, as well as families and professionals involved in their care.



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