



Throwing Starfish Across the Sea: A pocket-sized care package for the parents of someone with an eating disorder

Laura Collins Lyster-Mensh

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Two mothers share information and support to other parents facing an eating disorder in the family. One in the UK, one in the US, these two experienced parent mentors take an amused but very direct attitude as they share what they would tell you over a kitchen table when your son or daughter has been diagnosed with anorexia, bulimia, binge eating disorder, or a variant of these dangerous disorders.

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