



**HOPE IS SERVED**  
**Tools for coping with eating disorders**  
Tania Lemoine

**A multidisciplinary approach for people with eating disorders and those who love them.**

288 pages

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Anorexia, bulimia, binge eating disorder, orthorexia... Eating disorders (EDs) are more common than we think and affect people from all walks of life and of every body type, as well as their loved ones. Young or not so young, men and women, no one is immune to the emergence, at some point, of a problematic relationship with what's on their plate. In the ensuing battle, we often lose sight of the person and only see their illness. The disease takes over, whether it's invisible or glaringly obvious.

Psychotherapist Tania Lemoine has seen her share of ill people go through her office. She has also met many of their friends and families, helpless in the face of a situation they can't grasp. Over time, she has come to understand that the only possible approach is to put the suffering person at the centre of all concerns. The road toward recovery is different for everyone, and the tools vary according to the individual. She has therefore devised a multidisciplinary, positive approach presented in this first book for the general public to better help those who need it.

**Strong points**

- A complete book on the specific characteristics of each ED.
- A multidisciplinary approach that puts patients at the centre of treatment and can be adapted to their needs.
- A sympathetic tone and an inclusive, reassuring approach.
- A book that is also written for those close to people with an ED, suggesting innovative routes to help them better understand eating disorders.

**Subjects:** eating disorder, nutrition, mental health, anorexia, bulimia, binge eating, orthorexia, recovery, psychotherapy

*Psychotherapist Tania Lemoine is a certified specialist of the International Association of Eating Disorders Professionals. In 2001, she founded the Clinique des troubles alimentaires BACA, an eating disorder clinic in Montreal, where in-patient and out-patient services are offered to people suffering from anorexia, bulimia, and compulsive eating. Trained in the United States, and with a BA, MA, and PhD, Tania Lemoine is a member of the American Anorexia and Bulimia Association (AABA); among other activities, she has worked at Florida's Renfrew Center and been mentored by Carolyn Costin, an international authority on eating disorders. She contributes to clinical work in her field and offers training and supervision to healthcare professionals. In addition, she has volunteered for several public-sector organizations in her field in Quebec and Canada for over 20 years.*