

El enemigo en el espejo. De la insatisfacción corporal al trastorno alimentario

The enemy in the mirror. From body dysmorphia to eating disorders



Author: [Diana Kirszman](#) [1]

Author: [María del Carmen Salgueiro](#) [2]

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A study of a pathology that affects and threatens a significant part of young people in the West, the extreme expressions of which are anorexia and bulimia nervosa. In order to detect and understand these disorders, whose origins lie in psychological, biological and social causes, it is necessary to study the problem holistically just as this book proposes, spanning classical and other innovative aspects. In this work, the professional interested in approaching the topic and those who already specialised in it will find an ordily, modern and global focus, rich in content and strongly backed up ideas about a problem to which there are still no definitive positions.

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Address: FRAY BERNARD

Contact: Milagros Antón

Phone: 91 2705000

E-mail: milagros.anton@teaediciones.com [4]

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