

THE TRUTH ABOUT EATING DISORDERS

FOCUS ON THE FAMILY



Truth About Eating Disorders

David Baud



Truth About Eating Disorders:

The Truth about Eating Disorders Gerri Freid Kramer, Mark J. Kittleson, 2005 According to the National Association of Anorexia Nervosa and Related Disorders the National Eating Disorders Association and the National Institute of Mental Health between five and ten million Americans suffer from eating disorders The vast majority are female although an estimated five to ten percent of people with anorexia or bulimia as well as thirty five percent of those with binge eating disorders are male The Truth About Eating Disorders is a comprehensive A to Z guide addressing everything from the lifelong effects of anorexia to the pressures and stresses that often lead to one or more of these disorders Offering important facts testimonies and demonstrations that illustrate the serious dangers of eating disorders this volume helps teens find a healthier way to deal with their problems Personal testimonies and question and answer segments provide a real life perspective and charts and graphs add a visually stimulating element to this crucial reference Topics include Caloric intake and expenditures Causes of eating disorders Fad diets Obesity Weight control

Fast Facts: Eating Disorders Hans Steiner, Martine F. Flament, 2012-01-01 The earlier a person with an eating disorder is treated the greater the likelihood of physical and psychological recovery Fast Facts Eating Disorders guides the reader through the latest evidence in detection diagnosis and efficacy of treatments for anorexia bulimia and related disorders including a practical overview of the risk factors genetic developmental and familial questions to ask the patient behavioral and physical signs and symptoms screening tools and laboratory investigations treatment goals and options In this highly readable handbook the two renowned authors demonstrate how a carefully coordinated and multidisciplinary intervention can be successful They address the important role of primary care physicians and other frontline healthcare workers in detecting eating disorders working with the treatment team and monitoring the patient and the positive impact these services can have on the rate and level of recovery Content Classification Epidemiology Etiology and pathogenesis Diagnosis General management principles Treatment of anorexia Treatment of bulimia Course and prognosis Other eating disorders Research areas Case studies Useful resources

Eating Disorders: The Facts Suzanne Abraham, 2015-12-02 Eating Disorders The Facts is a comprehensive and accessible guide to the major eating disorders namely anorexia nervosa anorexia nervosa not for weight or shape exercise disorder bulimia nervosa purging disorder rumination disorder binge eating disorder and atypical Sympathetically and clearly written this guide considers why eating disorders occur and then looks at each in turn describing the eating behaviours diagnosis and treatments available The opening chapters tackle adolescent eating behaviours and infertility pregnancy and the postpartum period Case histories and patient perspectives provide insights into the mind of the eating disorder sufferer making it easier for patients and their families to relate to the topics discussed Revised and updated new topics include contribution of epigenetics in utero contribution attachment in perinatal and early years and the negative and positive impact of the internet and social media Eating Disorders The Facts provides an authoritative resource on eating

disorders that will prove valuable for sufferers and their families **Ed Says U Said** June Alexander, Cate Sangster, 2013 Explains the kind of communication problems that can happen between someone suffering from an eating disorder and their caretakers physicians and counselors Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating) Marylou Ambrose, Veronica Deisler, 2010-07-01 Provides information about eating disorders including treatment diagnosis history medical advances and true stories about people with the diseases Provided by publisher **Eating Disorders** Suzanne Abraham, Derek Llewellyn-Jones, 1997 This is the fourth edition of a successful title which covers anorexia nervosa bulimia nervosa and obesity their causes diagnosis self help medical treatment and outlook for sufferers In this new edition the authors have added more information about eating behaviour dieting patterns and weight control measures used by young people Eating Disorders Suzanne Abraham, Derek Llewellyn-Jones, 1987 This book is written for people suffering from eating disorders their families and for the health professionals working to help them Covers the whole spectrum of eating disorders clearly written in non technical language I would recommend this book as a general overview of eating disorders Health Education Journal on the first edition Eating Disorders Explained Frederick Earlstein, 2018-07-31 Some people think that individuals with eating disorders just cry for attention or it is just a diet that went too far Both are not true This condition is a serious mental ailment Compared to other psychiatric conditions eating disorders have the highest death rate studies show that suicidal rates for those that suffer from anorexia nervosa are at least 30 times higher You may have heard of or know someone who has an extremely unhealthy eating and exercise habits in order to achieve a perfect body and you want to help them Or you may be overly concerned about your body shape and silently suffering an eating disorder and you want to overcome it This is the book for you Eating Disorder Myths and Facts Anorexia Nervosa Bulimia Nervosa Stress Eating Symptoms Treatments Health Tips and More Senior High Core Collection Raymond W. Barber, Patrice Bartell, 2007 Features annotations for more than 6 200 works in the main volume 2007 and more than 2 400 new titles in three annual supplements published 2008 through 2010 New coverage of biographies art sports Islam the Middle East cultural diversity and other contemporary topics keeps your library's collection as current as today's headlines **Hope, Help, & Healing for Eating Disorders** Gregory L. Jantz, 2002 Heal your relationship with food Eating disorders and disordered eating ravage and consume too many lives In this powerful book for individuals suffering from eating disorders as well as those wanting to help Dr Gregory Jantz comes alongside his readers with a well tested and successful approach that addresses the emotional relational physical and spiritual dimensions of healing from an eating disorder Topics include Five often overlooked nutritional keys to recovery How to let go of anger fear and guilt Tools for creating a binge free life How not to be a victim of others The role of emotional and verbal abuse in eating disorders Seven keys to creating healthy relationships This completely updated and revised edition contains new material on nutritional leading edge interventions spiritual abuse and healing strategies for compulsive behaviors If food has not found its proper place as nutrition in your life

discover the answers in *Hope Help and Healing for Eating Disorders* Because you can do more than just survive you can really live Contains thought provoking questions and activities to guide readers through progressive healing steps

Moments of Clarity Christopher Kennedy Lawford,2009 Christopher Kennedy Lawford s New York Times bestselling memoir *Symptoms of Withdrawal* offered readers a startling first hand look at his own addictions to drugs and alcohol prompting *People* magazine to write Few have written so well about the joy of drugs and few are as unsparing about their drug driven selfishness In his bestselling follow up *Moments of Clarity* Lawford presents *Voices from the Front Lines of Addiction and Recovery* With contributions from Tom Arnold Alec Baldwin Meredith Baxter Jamie Lee Curtis Richard Dreyfuss Anthony Hopkins and many others *Moments of Clarity* is an important addition to the literature of recovery

Investigating the Science of Eating Disorders Amy Jo Lee,2003 *The Complete Mental Health Directory* Richard Gottlieb,2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

Women who Have Recovered from Eating Disorders Rachel Margaret Russell,1998 **Gaining** Aimee Liu,2007-02-22 If you ve ever suffered from an eating disorder or cared for someone who is anorexic or bulimic you may think you understand these illnesses But do you really understand why they occur Do you know what it takes to fully recover Do you know how eating disorders affect life after recovery Now nearly three decades after she detailed her first battle with anorexia in *Solitaire* Aimee Liu presents an emotionally powerful and poignant sequel that digs deep into the causes cures and consequences of anorexia and bulimia nervosa Aimee Liu believed she had conquered anorexia in her twenties Then in her forties when her life once again began spiraling out of control she stopped eating Liu realized the same forces that had caused her original eating disorder were still in play She also noticed that other women she knew with histories of anorexia and bulimia seemed to share many of her personality traits and habits under stress even decades after recovery Intrigued and concerned Liu set out to learn who is susceptible to these disorders and why and what it takes to overcome them once and for all With *GAINING* Liu shatters commonly held beliefs about eating disorders while assembling a puzzle that is as complex and fascinating as human identity itself Through cutting edge research and the stories of more than forty interview subjects readers will discover that the tendency to develop anorexia or bulimia has little to do with culture class gender or weight Genetics however play a key role So does temperament So do anxiety depression and shame Clearly curing eating disorders involves more than good nutrition Candidly recalling her own struggles triumphs and defeats Aimee explores an array of promising and innovative new treatments offers vital insights to anyone who has ever had an eating disorder and shows parents how to help protect their children from ever developing one Her book is sure to change the way we talk and think about eating disorders for years to come

The Psychology of Human Eating Disorders Linda H. Schneider,Steven J. Cooper,Katherine A. Halmi,1989 *Let's Talk Facts about Anxiety Disorders* ,1997 *Counselling for*

Eating Disorders Sara Gilbert, 2000-05-02 The text is well referenced with a thorough bibliography Overall this would seem a particularly suitable book for individuals with a general mental health training who are starting work with this patient group It deserves to be widely read European Eating Disorders Review An invaluable resource for anyone working in or wishing to know more about eating disorders for those new to eating disorders there are some useful appendices that would give a head start to anyone entering this specialty If you work in eating disorders this book would be a frequently used addition to your bookshelf Dietetics Today This excellent evidence based book begins by providing an overview of eating disorder definitions using DSMIV prevalence and differing causes I found the book free from jargon and enjoyable to read I would recommend it as a valuable resource to anyone with an interest in cognitive behavioural therapy and its application to working with eating disorder clients Association for University and College Counselling Newsletter The book is written from a cognitive behavioural perspective and gives an in depth account of how to structure assessment and treatment It is sensible thoughtful and full of helpful how to advice for the therapist The book is complemented by several appendices which contain information that can be given to patients e g about eating disorders and their medical consequences further reading guidelines for healthy eating and practical suggestions for how to begin to change Ulrike Schmidt Behaviour Research and Therapy This book provides an up to date account of current definitions and causes of abnormal eating patterns It then considers the theoretical basis and practical effectiveness of using cognitive behavioural therapy in the treatment of clients The key issues related to counselling these client groups are dealt with in detail with additional chapters devoted to assessing clients and engaging them effectively in treatment awareness of their nutritional needs behavioural and cognitive skills for addressing abnormal eating patterns and addressing the meaning of eating disorder symptoms in the context of the lives of individual clients Case studies and examples are used throughout the text to help relate theory to practice while extensive appendices provide key information about eating disorders and about ways in which clients can help themselves

Eating Disorder in a Nordic Perspective Hans H. Bassøe, Jon Chr Laberg, Liv Opstvedt, 1990 *Cognitive Behavior Therapy and Eating Disorders* Christopher G. Fairburn, 2008-04-21 Written with the practitioner in mind this book provides the first comprehensive guide to the practice of enhanced cognitive behavior therapy CBT E the leading empirically supported treatment for eating disorders

As recognized, adventure as skillfully as experience not quite lesson, amusement, as with ease as pact can be gotten by just checking out a books **Truth About Eating Disorders** after that it is not directly done, you could say yes even more in relation to this life, re the world.

We pay for you this proper as competently as easy quirk to acquire those all. We give Truth About Eating Disorders and numerous books collections from fictions to scientific research in any way. along with them is this Truth About Eating Disorders that can be your partner.

<https://ftp.thebrandexperience.com/results/browse/Documents/We%20Are%20Your%20Sisters%20Black%20Women%20In%20The%2019th%20Century.pdf>

Table of Contents Truth About Eating Disorders

1. Understanding the eBook Truth About Eating Disorders
 - The Rise of Digital Reading Truth About Eating Disorders
 - Advantages of eBooks Over Traditional Books
2. Identifying Truth About Eating Disorders
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Truth About Eating Disorders
 - User-Friendly Interface
4. Exploring eBook Recommendations from Truth About Eating Disorders
 - Personalized Recommendations
 - Truth About Eating Disorders User Reviews and Ratings
 - Truth About Eating Disorders and Bestseller Lists

5. Accessing Truth About Eating Disorders Free and Paid eBooks
 - Truth About Eating Disorders Public Domain eBooks
 - Truth About Eating Disorders eBook Subscription Services
 - Truth About Eating Disorders Budget-Friendly Options
6. Navigating Truth About Eating Disorders eBook Formats
 - ePub, PDF, MOBI, and More
 - Truth About Eating Disorders Compatibility with Devices
 - Truth About Eating Disorders Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Truth About Eating Disorders
 - Highlighting and Note-Taking Truth About Eating Disorders
 - Interactive Elements Truth About Eating Disorders
8. Staying Engaged with Truth About Eating Disorders
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Truth About Eating Disorders
9. Balancing eBooks and Physical Books Truth About Eating Disorders
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Truth About Eating Disorders
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Truth About Eating Disorders
 - Setting Reading Goals Truth About Eating Disorders
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Truth About Eating Disorders
 - Fact-Checking eBook Content of Truth About Eating Disorders
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Truth About Eating Disorders Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Truth About Eating Disorders free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Truth About Eating Disorders free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Truth About Eating Disorders free PDF files is convenient,

its important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading Truth About Eating Disorders. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users should always be cautious and verify the legality of the source before downloading Truth About Eating Disorders any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Truth About Eating Disorders Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Truth About Eating Disorders is one of the best book in our library for free trial. We provide copy of Truth About Eating Disorders in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Truth About Eating Disorders. Where to download Truth About Eating Disorders online for free? Are you looking for Truth About Eating Disorders PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Truth About Eating Disorders. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Truth About Eating Disorders are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides

make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Truth About Eating Disorders. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Truth About Eating Disorders To get started finding Truth About Eating Disorders, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Truth About Eating Disorders So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Truth About Eating Disorders. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Truth About Eating Disorders, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Truth About Eating Disorders is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Truth About Eating Disorders is universally compatible with any devices to read.

Find Truth About Eating Disorders :

we are your sisters black women in the 19th century

wayne gretzky hockey player

way the catholic living bible 2218

waxing poetic encaustic art in america

ways of the wind

water and the environment

wcw superbrawl viii

waterstones guide to crime fiction

~~way of the positive flow~~

watercolour workshop with jack mcdonogh

ways of thinking american university studies. series v philosophy vol 131

way of the essenes[water resources handbook](#)[ways into history florence nightingale](#)[wavelets and subband coding](#)**Truth About Eating Disorders :**

Don't Let Me Be Lonely Sep 1, 2004 — Don't Let Me Be Lonely is an important new confrontation with our culture right now, with a voice at its heart bewildered by the anxieties of ... Don't Let Me Be Lonely: Rankine, Claudia In this powerful sequence of TV images and essay, Claudia Rankine explores the personal and political unrest of our volatile new century Don't Let Me Be Lonely Tonight (2019 Remaster) Don't Let Me Be Lonely Tonight (2019 Remaster) ; James Taylor - Fire And Rain (BBC In Concert, 11/16/1970) · 6.8M views ; Secret O' Life · 305K ... Don't Let Me Be Lonely "Don't Let Me Be Lonely" is a song recorded by American country music group The Band Perry. It was released in August 2013 as the third single from their ... Don't Let Me Be Lonely Provided to YouTube by Universal Music Group Don't Let Me Be Lonely · The Band Perry Pioneer □ 2013 Big Machine Label Group, LLC Released ... Don't Let Me Be Lonely - Claudia Rankine In this powerful sequence of TV images and essay, Claudia Rankine explores the personal and political unrest of our volatile new century. Don't Let Me Be Lonely [There was a time] by Claudia ... It is this simple: Resistance will only make matters more difficult. Any resistance will only make matters worse. By law, I will have to restrain you. His tone ... Don't Let Me Be Lonely A brilliant and unsparring examination of America in the early twenty-first century, Claudia Rankine's Don't Let Me Be Lonely invents a new genre to confront ... Don't Let Me Be Lonely: An American Lyric Don't Let Me Be Lonely is an important new confrontation with our culture, with a voice at its heart bewildered by its inadequacy in the face of race riots ... New Zealand country guide - Lonely Planet | Australia & Pacific New Zealand and beyond ... Chef foraging for 'bush asparagus' on a Maori food excursion. North Island. Snow capped mountains in Kahurangi National Park. South ... New Zealand country guide - Lonely Planet | Australia & Pacific New Zealand and beyond ... Chef foraging for 'bush asparagus' on a Maori food excursion. North Island. Snow capped mountains in Kahurangi National Park. South ... New Zealand (Lonely Planet) - Books Plucked straight from a film set or a coffee-table book of picture-perfect scenery, New Zealand is jaw-droppingly gorgeous New Zealand From the top of the north to halfway down the south: a taste of New Zealand's best. Kick things off in Auckland: it's NZ's biggest city, with awesome ... Lonely Planet or Rough Guide? - New Zealand Forum Nov 11, 2017 — I've used the Lonely Planet guide for New Zealand. I found it very useful. Not every last place and small sight is included, but it's a great ... 12 ways to experience New Zealand on a budget Oct 22, 2023 — Average daily cost: NZ\$150 to \$250, including three meals a day, cheaper accommodation and modest activities and transportation. Catch the bus. Best New Zealand Guide Book? - Fodor's Travel Talk

Forums I liked Lonely Planet, but we ultimately ended up with a Frommer's guide for its detailed reviews and prices for a variety of things. Mr. Pickle thought the ... Best of New Zealand 1 Preview This uncrowded, peaceful and accepting country is the ultimate escape for travellers seeking spectacle, adventure and excellent food and wine. The scenic ... Hardwiring Excellence: Purpose, Worthwhile Work, Making a ... It is a self-sustaining quality improvement program fueled by politeness, positivity and genuine interpersonal contact regardless of rank. Hardwiring Excellence ... Hardwiring Excellence in Education - A Nine Principles ... Educators are passionate people with great purpose. Our work is important and worthwhile, and we are driven to make a difference in the lives of others. This ... Hardwiring Excellence: Purpose, Worthwhile Work, Making A ... It is a self-sustaining quality improvement program fueled by politeness, positivity and genuine interpersonal contact regardless of rank. Hardwiring Excellence ... Hardwiring Excellence: Purpose, Worthwhile ... - Barnes & Noble In Hardwiring Excellence, Quint Studer helps health care professionals to rekindle the flame and offers a road map to creating and sustaining a Culture of ... Hardwiring Excellence: Purpose Worthwhile Work Making a ... This book teaches the reader how to apply specific prescriptive tools and practices to create and sustain a world-class organisation. Other editions - ... Studer, Q. (2003). Hardwiring excellence Purpose, worthwhile ... Hardwiring excellence: Purpose, worthwhile work, making a difference. Gulf Breeze, FL: Fire Starter Publishing. ... ABSTRACT: Development of a compelling ... Hardwiring Excellence: Purpose, Worthwhile ... - Goodreads This book gives you the steps on how you can make a difference and get it hardwired so that its not something that you have to be reminded to do, but it happens ... Hardwiring Excellence: Purpose, Worthwhile Work, Making a ... For many who work in health care, overwhelming business pressures and perceived barriers to change have nearly extinguished the flame of their passion to ... Hardwiring Excellence: Purpose,... book by Quint Studer This book teaches the reader how to apply specific prescriptive tools and practices to create and sustain a world-class organisation. Edition Details Purpose, Worthwhile Work, Making a Difference - Pioneer Book Title: Hardwiring Excellence: Purpose, Worthwhile Work, Making a Difference ; Author Name: Quint Studer ; ISBN Number: 0974998605 ; ISBN-13: 9780974998602.