



Anorexia Nervosa: The Wish to Change

Professor A. H. Crisp, Neil Joughin, Christine Halek, Carol Bowyer

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This guide to 'self-help' has become highly valued by sufferers from anorexia nervosa, their families and their carers. It relates to Arthur Crisp's much praised text *Anorexia Nervosa: Let Me Be*, now in its third reprint. Many sufferers report that *Anorexia Nervosa: The Wish to Change* has provided them with their first private opportunity to reconsider their position and future properly, and then to do more about them. Carers have found it particularly helpful as a joint tool in their work with patients, especially when used alongside the more recently published *Anorexia Nervosa: Guidelines for Assessment and Treatment in Primary and Secondary Care* and the *Patient's Log Book* from the same centre.

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