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# Food for Thought: Perspectives on Eating Disorders

*Nina Savelle-Rocklin*

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**Food for Thought: Perspectives on Eating Disorders** Nina Savelle-Rocklin
*Food for Thought* offers fresh psychoanalytic insights into treating clients with eating disorders. In lively and jargon-free language, Nina Savelle-Rocklin breaks down the psychoanalytic approach to give practitioners and general readers alike a deeper understanding of the theory and effective treatment of eating disorders. Those living with eating disorders often use food to express their inner feelings, and Savelle-Rocklin illustrates the importance of the therapeutic relationship in uncovering the nature of these internal emotions, and formulating them into words. Through an intensive and mutual process, clients can begin to understand the language of the eating disorder, identify and work through its underlying conflicts, ultimately eliminating symptoms, relieving distress, and transforming the way they relate to themselves and others. Thoughtful and highly engaging, *Food for Thought* provides invaluable methods for practitioners treating patients with eating disorders to achieve lasting change and true healing.

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