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Why then art therapy? The answer is succinctly supplied in the 'Testimony to art therapy' (p.15). The client who has difficulty in recognizing she has a problem, and even more difficulty in exploring and expressing those problems once they are recognized, may feel considerably more comfortable using art as a medium of exploration and expression. This applies throughout the age range, but particularly for children and adolescents with eating disorders.

Susan Makin's book, clearly, logically and sympathetically, helps us to understand eating disorders, art therapy, and their integration. For good measure she also introduces us to the way in which poetry therapy can be added to support the therapeutic process. Susan Makin takes us into the world of the client with an eating disorder, helps us to understand better the conflict, confusion and suffering, and shows how experiential and creative work can meet and guide to recovery. This is a book that can be dipped into or read from cover to cover; either way there is an enormous amount to be gained by the reader from the author's wisdom, empathy, clarity and experience.

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