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Don't miss a chance to learn more about disordered eating, its causes and ways to recognize the problem. *Disordered Eating: Recognition and Prevention* from U.S. Figure Skating is a guide for skating coaches.

Here's what one coach has to say about the book:
 "As coaches, it is our responsibility to be as informed as possible. The book helps coaches recognize the early warning signs of an eating disorder and ensure that the skater gets the help they need to prevent a career-ending or life threatening problem." – Tammy Gambill, USOC Developmental Coach of the Year

Disordered Eating: Recognition and Prevention **A Guide for Skating Coaches (ISBN 0-9764455-6-6)**

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