We wish to acknowledge our indebtedness to colleagues throughout the country and beyond, in many different professional disciplines brought to bear on the problem of eating disorders, who labor in research, theory, and practice. In addition, many of us have participated in organizations such as the American Anorexia/Bulimia Association (AA/BA) made up of practitioners in the field and people who have felt the effects of these disorders, either in a family member or in themselves. Such involvement has afforded us a broad range of learning beyond the consulting room, in various aspects of education, self-help efficacy, advocacy, and prevention efforts. We therefore express our appreciation for this avenue of growth.

To our other colleagues at the Wilkins Center for Eating Disorders we owe much appreciation. Although they have not written about their work in this volume, they continually contribute to the
field in various ways. We have mutually shared and expanded our learning, sometimes with humor, sometimes with earnest argument, and always with camaraderie and many long phone conversations!

Those who staff the Wilkins office and keep all systems working are to be thanked as well. They are responsible for the welcoming atmosphere that prevails at the Center. Toni Hall, MSW, CSW, served as the coordinator in the original formation of the book, often providing the link between the writers and editor when distance required it. We thank her for her help in the initial planning stages.

We thank the innumerable patients’ families who have put their faith and hope in our abilities. That they could do so, and that they could be supportive of our efforts even during many difficult phases of treatment, is an important part of the whole process.

Most of all, we thank those patients who have shared so generously, who have taught us so much, and who have entrusted us with participation in their journey toward recovery.

Proceeds from this book will go to the Alison D. Warren Memorial Fund, a nonprofit organization furthering accessibility of treatment and education to numbers of young people.

Alison Warren (1962–1989) died of anorexia and bulimia. Through the memorial fund, created in her memory, her family and friends have perpetuated her spirit of caring for others. Administered by Greenwich High School in Greenwich, Connecticut, in collaboration with the Wilkins Center for Eating Disorders, the fund provides staff training, education for students and parents, and primarily treatment scholarships to promote early intervention and care for students with eating disorders.