Dawn Smith-Theodore Releases New Book Called TuTu Thin

A guide to dancing without an eating disorder

(PRWEB) June 24, 2015 -- Dawn Smith-Theodore, MA, MFT, CEDS, a therapist and recognized leader in the treatment of eating disorders, has released a new book entitled “TuTu Thin” (www.tututhin.com). This important book tackles the topic of eating disorders in the field of dance in a way that has not been handled before.

“Having been in the dance world for over 25 years, I wanted to share my personal experience with eating disorders from a ‘been there, done that’ perspective”, Dawn says. “This is a sensitive topic that needs to be addressed in a direct way, and I wanted to give students, parents, and family members practical ways to identify and effectively provide support systems to address such disorders”.

In her new book, Dawn shares her personal experience in the dance world and coping with an eating disorder. She provides insight into identifying the different types of disorders, why an eating disorder develops, and practical guidelines for parents and guardians who need help dealing with someone who has an eating disorder.

While TuTu Thin focuses on the dance community, it’s also applicable to other disciplines such as gymnastics, skating, and other athletes. “Eating disorders can affect people in all walks of life, and the topics I cover in the book can help anyone struggling with them”, she says.

The book is available for purchase online at http://www.tututhin.com and on iBooks. To learn more about Dawn and her work, please visit her website at http://www.dawntheodore.com.
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