

## **Iceberg ... it's what you don't see that matters!**

### **Description:**

Iceberg is a self-help website dedicated to supporting sufferers of eating disorders (ED) along the path to recovery. Much like an iceberg, it is not the visible symptoms of ED that are the majority of the problem. A significant part of the ED is hidden in the underlying condition and this must be addressed carefully during the recovery process.

Iceberg is sponsored by Marino Therapy Centre (<http://www.marinotherapycentre.com>). Marino Therapy Centre has over 15 years specialist experience helping sufferers to finalise recovery from all types of eating disorders including anorexia, bulimia and emotional overeating. International studies show that intensity is one of the best remedies for speeding up the process of recovery. To help people to work more intensively, this website is designed to be a free self-help tool by providing information which can be used by sufferers, families and carers to work on recovery every day, not just therapy days.

Country: Ireland

City: