

Biography

Dr Alex Yellowlees

B.Sc, M.B. Ch.B, M.R.C.Psych., M.Phil

Dr Alex Yellowlees is Medical Director of the Priory Hospital in Glasgow. He is a Consultant Psychiatrist and a Specialist in Eating Disorders.

He has a longstanding clinical and research interest in eating disorders particularly anorexia nervosa and has published widely in this field.

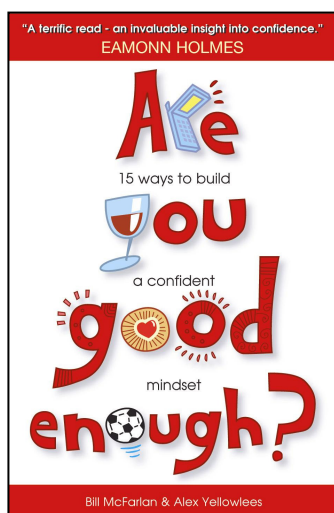
He is also strongly believes in the vital importance of communicating scientific ideas and psychological knowledge to the public in everyday terms. He has pursued this aim by speaking and lecturing widely on topics such as eating disorders, building self-confidence, self-esteem, emotional health and maximising personal potential at conferences and international events. He regularly leads workshops, seminars and retreat events for educational organisations, holistic holidays and private businesses and companies.

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In recent times he has frequently been sought after by the media for comment on a wide range of psychological issues and has presented on radio and television documentaries, particularly in the area of eating disorders.

He has published and co-authored five books on topics such as eating disorders, building self-esteem and emotional health. He has also written a weekly column for the Herald Newspaper called the 'Mind Clinic'.

One of his most recent books *'Are You Good Enough? - 15 Ways to Build a Confident Mindset'* was co-authored along with TV Presenter and journalist Bill McFarlan.



"A terrific read - an invaluable insight into confidence"

EAMONN HOLMES

Are You Good Enough?

15 Ways to Build a Confident Mindset

By Bill McFarlan and Dr Alex Yellowlees

Published May 2006

A Capstone paperback original, £8.99

ACADEMIC QUALIFICATIONS

B.Sc., (Med Science) Edinburgh University 1974
M.B.Ch.B. Edinburgh University 1977
M.R.C Psych Royal College of Psychiatrists London 1981
M.Phil Edinburgh University 1984

BOOKS

Imprisonment Today: Current Issues in the Prison Debate
Co-Editor and Co-Author
McMillan Press 1988

Self Esteem Solutions
Co-Author
Daniels Publishing 1996

Self Esteem Directory
Co-Author
Smallwood Publishing 1997

Working with Eating Disorders and Self Esteem
Author
Reed International Publishing 1997 (GHPD) (Revised 2002)

Are You Good Enough?

15 Ways to Build a Confident Mind Set

Co-authored with Broadcaster and Presenter Bill McFarlan
Wiley/Capstone 2006

ABC of Eating Disorders

(In Press - Publication date May 2008)

Co-author

MEDIA WORK

Sample List:

Herald Newspaper

- *Life Team series of articles* 2004
- *The Mind Clinic column* 2005

Regular Radio Interviews on Eating Disorders 2006-8

BBC1 Television Documentary

“Here and Now”

Eating Disorders in Men

1997

*BBC1 Television Programme
“Feeling Good; Against All Odds”*

1999

BBC and ITV/STV Television interviews on Eating Disorders

2002-8

STV ‘Five Live’ Interviews 2008 -2009

CONTACT DETAILS

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