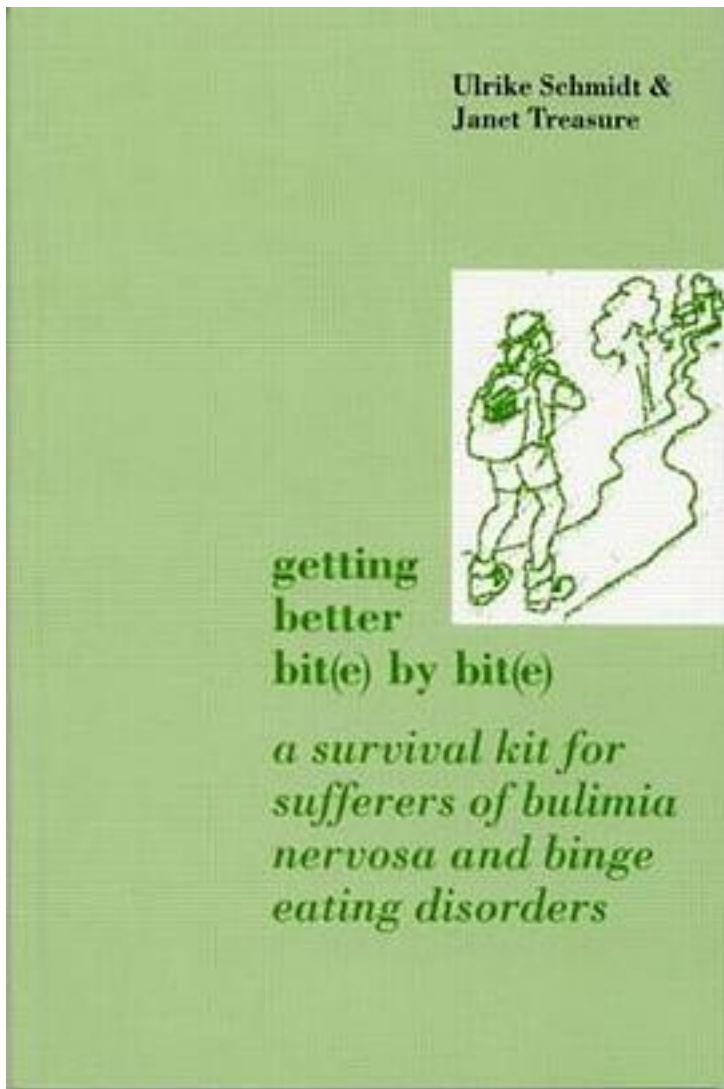


# Getting Better BitE BitE



[Getting Better BitE BitE 下载链接1](#)

著者:ULRIKE SCHMIDT

出版者:Psychology Press

出版时间:1993-09-01

装帧:Paperback

isbn:9780863773228

Many women's lives are blighted by the widespread physical and psychological problems caused by eating disorders, such as bulimia nervosa and a wide range of allied conditions. Ignorance or misinformation about the causes, health risks and remedies abounds. Access to treatment is difficult for many sufferers, and friends and families often feel impotent. This self-help book, whose efficacy has been proven in clinical trials, empowers sufferers to take control of their own lives and tackle their eating difficulties in their own home.

Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers. Based on the most recent research, and the only self-help program that has been evaluated in a randomized controlled trial, it provides detailed step-by-step advice for dealing with this condition. Unlike other less problem-oriented books currently available on the subject, this book concentrates on the key behavior changes necessary for the sufferer to achieve a happier and more fulfilled life. Theory is closely interwoven with practice and the book draws together real problems and solutions experienced by hundreds of sufferers.

Issues covered in depth include: How to cope with binges, cravings and urges; the health risks of dieting; How to achieve an optimal weight; Vomiting, laxatives and diuretics: how to give up; How to get fitter; The wounds of childhood; Faulty thinking; Assertiveness; The slippery slope of drink and drugs; Relationships and bulimia; Common work problems; How to cope with set-backs. Getting Better Bit(e) by Bit(e) will be a major source of help to eating disorder sufferers and their friends and families.

About the authors: Doctors Ulrike Schmidt and Janet Treasure are psychiatrists who work in the Eating Disorders Unit at the Maudsley Hospital in London, one of the largest specialist clinics for treating bulimia nervosa in Europe.</P>

作者介绍:

目录:

[Getting Better BitE BitE 下载链接1](#)

标签

心理学

评论

-----  
[Getting Better BitE BitE 下载链接1](#)

书评

-----  
[Getting Better BitE BitE 下载链接1](#)