

Bulimia



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This fifth edition is completely updated and expanded, and offers a complete understanding of bulimia and a plan for recovery. It includes:

- o Answers to questions most often asked about bulimia

- o Insight from more than 400 recovered and recovering bulimics

- o A Three-Week Program to Stop Bingeing

- o Specific advice for loved-ones

- o Things to do instead of bingeing

- o Lindsey Hall's own inspiring story, "Eat Without Fear"

- o Suggestions from professional eating disorders therapists

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