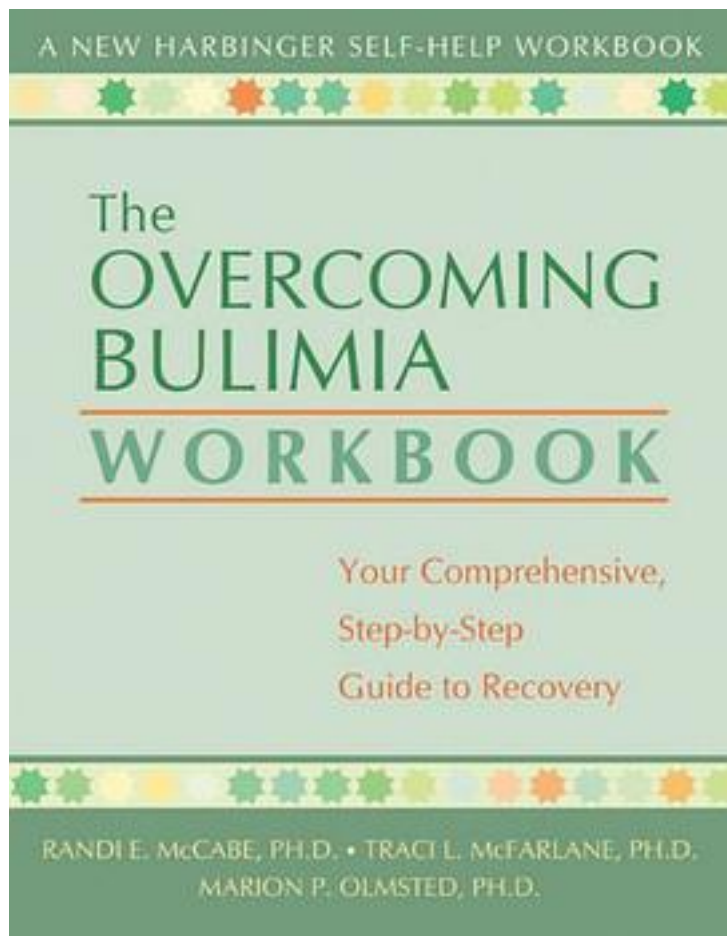


Overcoming Bulimia Workbook



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Severe dieting often results in periods of reactive binge eating, a phenomenon experienced by one in twenty American women. Responses to these periods may include prolonged fasting, self-induced vomiting, abuse of laxatives and diuretics, and

obsessive exercise: all symptoms of bulimia. This workbook contains tools to help bulimics break the cycle of bingeing and reacting, allowing them to take control of their lives and make positive behavior changes. Practical advice and real-life examples reinforce attitudes and offer encouragement. Discover that it is possible to overcome the disorder and live a happier, more fulfilling life. Through their cutting-edge research at the internationally renown Toronto Hospital Eating Disorders Programme, the authors of The Overcoming Bulimia Workbook have developed a step-by-step program for recovery whose efficacy has been proven in clinical trials. The authors empower bulimia suffers to take control of their lives, not only by providing information and advice, but by giving them a personalized format with which they can put these new behavior changes into practice - a process that is critically important for lasting recovery. This comprehensive guide covers everything from bulimia's symptoms, causes, and risks to how to normalize eating, shift eating-disordered thoughts, build on personal strengths, improve self-esteem, deal with underlying issues, prevent relapse, and understand what medications can help. With many real-life examples, this book also helps readers learn through the experiences of other sufferers how to overcome their disorder and live a happier, more fulfilled life.

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兰迪·E.麦凯布，心理学博士，多伦多综合医院进食障碍项目研究成员。她拥有一家私人进食障碍治疗所。她同时还在圣·约瑟夫医院担任心理医生。除此之外，她还在加拿大安大略省哈密尔顿麦克马斯特大学精神病学和行为神经科学部授课。

特勒西·L.麦克法兰，心理学博士，多伦多综合医院进食障碍项目研究成员。她同时还是国家心理健康研究所的认知行为治疗（CBT）专业治疗师，该研究所是由多伦多大学和加伦比亚大学联合策划成立的，主要致力于神经性厌食症的症状反复预防研究。

马里恩·P.奥姆斯特德，心理学博士，多伦多综合医院大学医疗网络进食障碍研究项目门诊护理部的负责人，多伦多大学精神病医学系的副教授。她同时还是国家心理健康研究所的合作研究者和认知行为治疗（CBT）专业治疗师，该研究所是由多伦多大学和加伦比亚大学联合策划成立的，主要致力于神经性厌食症的症状反复预防研究。

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标签

评论

A good self-help book

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书评

食品没有绝对的好坏之分
很多患有暴食症的人都会将食物分成好的或坏的，以及安全的或致肥胖的。这种不是黑就是白的绝对化的思考方法会导致各种症状的产生。例如，杰西卡和她的男朋友一起去看电影，她已经一整天没有进食了。她对饮食的控制源自于对自己体形的不满，限制饮
...

我之前看过很多书，都自信满满哇这次找对方法了，这次可以瘦了！但是最终都失败了。
这次又觉得“如听仙乐耳暂明”，又觉得自信满满了，又觉得这次不一样，又觉得这是最后一次胖了……所以先占个坑吧，我现在当然是茅塞顿开觉今是而昨非了，而且我不仅认真读、很赞同，我还身体...

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