

The Overcoming Bulimia Workbook Your Comprehensive Step By Step Guide To Recovery

The Overcoming Bulimia Workbook Your Comprehensive Step By Step Guide To Recovery The Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery Dealing with bulimia nervosa can feel overwhelming and isolating, but with the right tools and guidance, recovery is entirely possible. The Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery offers a structured approach to understanding, managing, and overcoming this complex eating disorder. This article explores how this workbook can serve as an essential resource in your journey toward healing, providing practical strategies, emotional support, and insightful exercises designed to empower individuals battling bulimia.

Understanding Bulimia and the Purpose of the Workbook What is Bulimia Nervosa? Bulimia nervosa is a serious mental health condition characterized by recurrent episodes of binge eating followed by compensatory behaviors such as vomiting, laxative abuse, fasting, or excessive exercise. These behaviors often stem from a desire to control weight or cope with emotional distress. Recognizing the signs and understanding the disorder is crucial to initiating effective treatment.

Why Use a Workbook for Recovery? Self-help workbooks like The Overcoming Bulimia Workbook serve as valuable adjuncts to therapy by:

- Providing structured guidance and educational content
- Encouraging self-reflection and insight
- Introducing practical coping

strategies and exercises Fostering motivation and empowerment throughout recovery This comprehensive resource aims to help individuals regain control over their eating behaviors, rebuild self-esteem, and develop healthier habits. Key Components of the Overcoming Bulimia Workbook

1. Education About Bulimia Understanding the disorder is the first step toward recovery. The workbook offers detailed information on:
 - 2 The biological and psychological factors involved in bulimia
 - Common triggers and emotional patterns
 - The health consequences of bulimia
 - Debunking myths related to eating disordersThis foundational knowledge helps individuals recognize their behaviors and motivates them to pursue change.
2. Self-Assessment and Goal Setting Before embarking on recovery, it's important to assess current habits and establish clear, attainable goals. The workbook guides you through:
 - Tracking eating patterns and emotional states
 - Identifying triggers and warning signs
 - Setting personalized, realistic objectives for recovery
 - Creating a motivational plan to stay committed
3. Cognitive-Behavioral Strategies Cognitive-behavioral therapy (CBT) is a cornerstone in bulimia treatment, and the workbook incorporates CBT techniques such as:
 - Challenging negative thoughts about body image and self-worth
 - Replacing harmful beliefs with positive affirmations
 - Developing healthier thought patterns related to food and dietingThese exercises help reshape distorted thinking that fuels disordered eating behaviors.
4. Emotional Regulation and Stress Management Many individuals with bulimia use bingeing and purging to cope with intense emotions. The workbook provides tools to:
 - Identify emotional triggers
 - Practice mindfulness and relaxation techniques
 - Develop alternative coping skills such as journaling, meditation, or physical activityLearning to manage emotions reduces reliance on disordered eating as a primary coping mechanism.
5. Developing Healthy Eating Patterns Establishing balanced eating habits is essential for recovery. The workbook offers step-by- step guidance on:
 - 3 Creating regular meal plans
 - Understanding nutritional needs
 - Overcoming fears around certain foods
 - Breaking the cycle of restriction and

bingeing 6. Building Self-Esteem and Body Acceptance Low self-esteem often underpins bulimic behaviors. The workbook encourages: Practicing self-compassion exercises Challenging societal beauty standards Engaging in activities that promote self-worth Developing a positive body image Step-by-Step Approach to Recovery Using the Workbook Step 1: Acknowledging the Problem The journey begins with honest recognition of the disorder. The workbook aids in: Reflecting on personal experiences Understanding the impact of bulimia on life and health Accepting the need for change Step 2: Setting Intentions and Goals Clear goals foster motivation. Using the workbook, you can: Define specific recovery milestones Establish a support system Create a timeline for progress Step 3: Developing Awareness and Mindfulness Mindfulness helps break the cycle of automatic disordered behaviors. Exercises include: Mindful eating practices Body scan meditations Journaling emotional states Step 4: Challenging and Restructuring Thoughts Cognitive restructuring involves: Identifying distorted beliefs 4 Practicing thought replacement techniques Using affirmations to reinforce positive change Step 5: Implementing Healthy Habits Transitioning to healthier habits involves: Following meal plans Incorporating enjoyable physical activities Practicing regular self-care routines Step 6: Managing Relapses and Challenges Recovery is often non-linear. The workbook provides: Strategies for coping with setbacks Encouragement to learn from challenges Tools for maintaining long-term progress Additional Benefits of Using the Overcoming Bulimia Workbook Personal Empowerment Taking an active role in recovery fosters a sense of control and confidence. The workbook's exercises promote self-awareness and resilience. Complementing Professional Treatment While not a substitute for therapy, this workbook serves as an excellent adjunct, reinforcing therapeutic concepts and encouraging ongoing engagement. Building a Support Network The workbook encourages connecting with trusted individuals who can provide encouragement and accountability. Conclusion: Your Path to Recovery Starts Here Overcoming bulimia is a challenging but

achievable goal. The Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery offers a structured, compassionate approach to understanding and healing from this disorder. By engaging with its exercises, educational content, and self-reflective prompts, individuals are empowered to take meaningful steps toward a healthier, more balanced life. Remember, recovery is a journey—each small step brings you closer to lasting change. With patience, persistence, and the right resources, freedom from bulimia is within reach.

Question What makes 'The Overcoming Bulimia Workbook' different from other recovery guides? This workbook offers a comprehensive, step-by-step approach that combines practical exercises, cognitive-behavioral strategies, and emotional support to guide individuals through each stage of recovery from bulimia. Is this workbook suitable for someone in the early stages of bulimia recovery? Yes, the workbook is designed to be accessible for individuals at various stages of recovery, providing foundational tools and strategies for those just beginning their journey as well as ongoing support. Does the book include exercises to help manage emotional triggers? Absolutely. The workbook features numerous exercises aimed at identifying and managing emotional triggers that often lead to bingeing and purging behaviors. Can this guide be used alongside therapy or medical treatment? Yes, 'The Overcoming Bulimia Workbook' is intended to complement professional treatment, serving as a valuable self-help resource alongside therapy or medical intervention. Are there strategies in the workbook for building a healthier relationship with food? Definitely. The book emphasizes mindful eating, nutritional education, and body acceptance techniques to foster a balanced and positive relationship with food. How long does it typically take to see progress using this workbook? Progress varies depending on individual circumstances, but many users begin to notice improvements within a few weeks of consistent practice and engagement with the exercises. Is the workbook suitable for both men and women recovering from bulimia? Yes, the content is designed to

be inclusive and applicable to anyone dealing with bulimia, regardless of gender. Where can I purchase 'The Overcoming Bulimia Workbook'? The workbook is available for purchase on major online retailers, including Amazon, as well as in select bookstores and mental health resource centers. The Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery Bulimia nervosa remains one of the most complex and challenging eating disorders to overcome, impacting millions worldwide. Its cyclical nature—alternating between bingeing and purging—can leave sufferers feeling trapped, overwhelmed, and isolated. However, hope and recovery are possible with the right tools, support, and structured approach. One of the most effective resources available today is The Overcoming Bulimia Workbook, a carefully crafted guide designed to empower individuals on their journey toward healing. Combining evidence-based strategies with compassionate guidance, this workbook offers a step-by-step pathway tailored to meet the unique needs of each person battling bulimia. In this article, we delve into the core components of The Overcoming Bulimia Workbook, exploring how it functions as a comprehensive roadmap for recovery. From understanding The Overcoming Bulimia Workbook Your Comprehensive Step By Step Guide To Recovery 6 the disorder's roots to developing healthier coping mechanisms, we will unpack the workbook's methodology, its practical exercises, and how it can serve as an essential companion in the journey toward reclaiming one's life. --- Understanding the Foundations: What Is Bulimia Nervosa? Before embarking on a recovery journey, it's crucial to grasp what bulimia nervosa entails. Bulimia is characterized by recurrent episodes of binge eating—consuming an unusually large amount of food in a discrete period—and then engaging in compensatory behaviors such as self-induced vomiting, misuse of laxatives, diuretics, fasting, or excessive exercise to prevent weight gain. Key features of bulimia include: - Binge Eating Episodes: Often accompanied by feelings of loss of control. - Compensatory Behaviors: Purging to counteract bingeing. - Preoccupation with Body

Image: Excessive concern with weight and shape. - Emotional Triggers: Feelings of shame, guilt, anxiety, or depression often precipitate binges. The disorder can have severe physical health consequences, including electrolyte imbalances, gastrointestinal issues, dental erosion, and cardiac problems. Psychologically, bulimia often coexists with other mental health conditions like depression, anxiety, and low self-esteem. --- The Role of The Overcoming Bulimia Workbook in Recovery The Overcoming Bulimia Workbook is more than just a collection of exercises; it is a comprehensive, evidence-based manual designed to guide individuals through each critical phase of recovery. Its primary goals are to: - Help individuals understand their disorder's underlying causes. - Develop awareness of triggers and patterns. - Cultivate healthier coping strategies. - Build resilience against relapse. - Foster self-compassion and body acceptance. What sets this workbook apart is its structured, step-by-step approach, combining cognitive-behavioral techniques, mindfulness practices, and motivational strategies. It encourages active participation, introspection, and gradual change, making it accessible regardless of where someone is in their recovery. --- Core Components of the Workbook 1. Assessment and Self-Awareness The journey begins with self-assessment tools that enable individuals to recognize their personal patterns, triggers, and emotional states associated with bulimic behaviors. This phase includes: - Food and Emotion Journals: Tracking binge episodes, purging behaviors, and emotional states. - Identifying Triggers: Recognizing situations, thoughts, or feelings that precipitate binges. - Understanding Personal Motivations: Clarifying reasons for wanting change to foster motivation. By gaining insight into their unique experiences, individuals can tailor their recovery strategies effectively. 2. Education on Bulimia and Its Impact A solid understanding of the disorder demystifies the cycle of bulimia and dispels myths. The workbook provides accessible information on: - The biological, psychological, and social factors involved. - The effects of bingeing and purging on physical health. - The importance of addressing

emotional issues alongside behavioral patterns. This educational component aims to empower individuals, reducing shame and fostering a sense of control.

3. Cognitive Restructuring and Challenging Negative Thoughts Bulimia often stems from distorted thoughts about body image, self-worth, and perfectionism. The workbook offers exercises to:

- Identify negative self-talk.
- Challenge and reframe harmful beliefs.
- Develop a balanced view of oneself.

Techniques such as thought records and affirmations are employed to reshape cognitive patterns, fostering healthier self-perception.

4. Developing Healthy Eating Patterns A cornerstone of recovery involves establishing regular, balanced eating habits to break the binge-purge cycle. The workbook guides users through:

- Meal planning and mindful eating practices.
- Recognizing and responding to hunger cues.
- Addressing fears around certain foods or eating in social settings.

This gradual process encourages normalization of eating behaviors, reducing the impulsivity associated with bulimia.

5. Emotion Regulation and Stress Management Emotional dysregulation frequently contributes to bulimic behaviors. The workbook introduces coping skills such as:

- Mindfulness meditation.
- Deep breathing exercises.
- Grounding techniques.
- Progressive muscle relaxation.

Practicing these skills helps individuals manage intense feelings without resorting to bingeing or purging.

6. Building Self-Compassion and Body Acceptance A significant hurdle in bulimia recovery is overcoming shame and dissatisfaction with one's body. The workbook emphasizes:

- Body positivity exercises.
- Journaling prompts focused on gratitude and self-kindness.
- Mindfulness practices to accept current body image.

Fostering self-compassion creates a more sustainable foundation for long-term change.

7. Relapse Prevention and Maintaining Progress Recovery is an ongoing process. The workbook includes modules on:

- Recognizing early warning signs of relapse.
- Developing personalized relapse prevention plans.
- Building a support network.
- Setting realistic, achievable goals.

It encourages a growth mindset,

emphasizing progress over perfection. --- Practical Exercises and Tools The Overcoming Bulimia Workbook is rich with actionable exercises designed to reinforce learning and facilitate behavioral change. Some notable tools include: - Thought Records: Document negative thoughts, evaluate their validity, and generate balanced alternatives. - Meal Diaries: Track eating patterns to identify triggers and progress. - Mindfulness Scripts: Guided meditations to foster present-moment awareness. - Coping Strategy Lists: Personal toolbox of healthy responses to urges and emotional distress. - Self-Compassion Journaling: Prompts to cultivate kindness and patience toward oneself. These exercises serve as practical, accessible means to translate insights into daily habits. --- The Importance of Support and Professional Guidance While The Overcoming Bulimia Workbook is designed for independent use, it works best when complemented by professional support. Therapists trained in cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), or other evidence-based approaches can enhance the workbook's effectiveness. Support groups and family involvement also play vital roles in creating a supportive environment conducive to recovery. The workbook encourages individuals to seek ongoing professional help, emphasizing that recovery is a journey best navigated with guidance and compassion. --- Success Stories and Evidence of Effectiveness Numerous individuals have reported significant breakthroughs using The Overcoming Bulimia Workbook Your Comprehensive Step By Step Guide To Recovery 8 Bulimia Workbook. Common themes include: - Increased self-awareness and understanding of their disorder. - Reduced frequency and intensity of binge-purge episodes. - Improved emotional regulation. - Enhanced self-esteem and body image. - Greater resilience against relapse. Research supports the efficacy of structured, workbook-based interventions, especially when integrated with therapy and social support. The workbook's emphasis on active participation and gradual change aligns with best practices in eating disorder treatment. --- Final Thoughts: Is the Workbook Right for You? The Overcoming Bulimia Workbook

offers a comprehensive, compassionate, and practical approach to overcoming bulimia. Its step-by-step methodology empowers individuals to understand their disorder, develop healthier habits, and build resilience. However, it is essential to recognize that recovery is a highly individualized process. While the workbook provides valuable tools, professional guidance remains crucial, especially for severe cases or co-occurring mental health conditions. If you or someone you know is struggling with bulimia, consider this workbook as a vital part of a broader recovery plan. With patience, perseverance, and support, overcoming bulimia is an achievable goal—one that leads to a healthier, more fulfilling life. --- Resources and Next Steps - Seek Professional Help: Contact a mental health professional specializing in eating disorders. - Join Support Groups: Organizations like the National Eating Disorders Association (NEDA) offer community and resources. - Educate Yourself: Continue learning about bulimia and recovery strategies. - Practice Self-Compassion: Be patient and kind to yourself throughout this journey. Remember, recovery is not linear, and setbacks do not define your progress. With the right tools and support, a future beyond bulimia is within reach. bulimia recovery, eating disorder workbook, binge eating help, eating disorder recovery, bulimia treatment plan, body image healing, self-help guide, emotional eating, food addiction support, recovery strategies

The Overcoming Bulimia WorkbookHow to Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach□ to Rebuilding a Healthy Relationship with FoodEating Disorders in Special PopulationsThe Adolescent Psychotherapy Treatment PlannerThe Adolescent Psychotherapy Treatment PlannerThe Continuum of Care Treatment PlannerTake Charge of Your Child's Eating DisorderAdolescenceAmerican Book Publishing RecordThe Mindfulness and Acceptance Workbook for BulimiaIs Your Child Dying to Be Thin?You Can't Have Your Cake and Eat it TooThe Complete Mental Health DirectoryThe Complete Mental Health DirectoryThe Complete Directory for People with Chronic IllnessThe Publishers' Trade

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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 sufferers 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

a revolutionary entirely visual approach to helping your child overcome their eating disorder ed and eat normally again that does away with counting calories and measuring food rooted in the leading evidence based approach family based therapy fbt parents are the first to know when their child starts behaving differently has your son stopped eating his favorite food or does he refuse to eat out with friends has your daughter drastically increased her exercise regimen or become obsessed with health foods these are among the telltale signs that your child like millions of others may have an eating disorder ed in this essential guide registered dietitians casey crosbie and wendy sterling introduce an all new strategy you can use to help your child at home the plate by plate approach is rooted in family based treatment fbt the leading psychological therapy for eds unlike complicated exchange systems this is simple crosbie and sterling coach you through every aspect of meeting your child s nutritional needs using just one tool a ten inch plate paired with therapy this intuitive visual method is the best way to support your child on the path to recovery plus the authors cover how to talk about diet and

weight what to do while traveling what to expect from your child's doctor and much more

eating disorders are among the most complex disorders to treat typically requiring medical nutritional and psychotherapeutic interventions high relapse rates and the sense of urgency to save lives and minimize or prevent lifelong problems present challenges for even the most seasoned treatment providers in an engaging clear and concise manner eating disorders in special populations medical nutritional and psychological treatments prepares physicians dietitians and psychotherapists to navigate the labyrinth they enter with eating disordered patients aggregating a vast amount of information and perspectives in a clear and concise format readers will gain insight into the minds on both sides of the treatment room from leading experts in the field readers will learn how dietitians physicians and psychotherapists conceptualize and treat people with eating disorders and treatment providers will discover the nuanced etiologies of eating disorder symptoms in a range of diverse populations increase your cultural competency and expand your practice by learning how eating disorders are created maintained and resolved join us in bringing light health and hope to our patients and to our colleagues across disciplines

quickly and efficiently create treatment plans for adolescents in a variety of treatment environments the newly revised sixth edition of the adolescent psychotherapy treatment planner delivers an essential resource for mental health practitioners seeking to create effective high quality treatment plans that satisfy the needs of most third party payers and state and federal review agencies this book clarifies simplifies and accelerates the treatment planning process for adolescents so you can spend less time on paperwork and more time treating your clients this latest edition includes comprehensive and up to

date revisions on treating the victims and perpetrators of bullying and aggression gender dysphoria loneliness opioid use and sleep disorders it includes new evidence based objectives and interventions as well as an expanded and updated professional references appendix you ll also find a new appendix presenting location and availability information in an alphabetical index of objective assessment instruments and structured clinical interviews a consistent focus throughout the book on evidence based practices and treatments consistent with practice guideline recommendations ranges of treatment options consistent with the best available research and those reflecting common clinical practices of experienced clinicians an essential treatment planning handbook for clinicians treating adolescents in a variety of settings the sixth edition of the adolescent psychotherapy treatment planner is the key to quickly and efficiently creating individually tailored evidence based and effective treatment plans for adolescent clients

the bestselling treatment planning system for mental health professionals the adolescent psychotherapy treatment planner fifth edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of hmos managed care companies third party payors and state and federal agencies new edition features empirically supported evidence based treatment interventions including conduct disorder substance use low self esteem suicidal ideation adhd and eating disorders organized around 36 behaviorally based presenting problems including peer sibling conflict school violence sexual abuse and others over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options easy to use reference format helps locate treatment plan components by behavioral problem includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including carf the joint commission tjc coa and the ncqa

create customized formal treatment plans with over 1 000 professional goal and intervention statements the continuum of care treatment planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the process of planning treatments for adults and adolescents the authors provide a thorough introduction to treatment planning along with the elements necessary to quickly and easily develop formal customizable treatment plans treatment planning statements satisfy the demands of hmos managed care companies third party payers and state and federal agencies this planner provides treatment planning components for anxiety bipolar disorder depression eating disorders posttraumatic stress disorder substance use disorders and beyond following the user friendly format that has made the treatment planners series so popular this book smooths the planning process so you can spend less time on paperwork and more time with clients get definitions treatment goals and objectives therapeutic interventions and dsm 5 diagnoses for mental disorders in adults and adolescents employ over 1 000 polished goals and intervention statements as components of provider approved treatment plans use workbook space to record customized goals objectives and interventions access a sample plan that meets all requirements of third party payers and accrediting agencies including the jcaho this updated edition of the continuum of care treatment planner is a valuable resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals who work with adult and adolescent clients

eating disorders require a complex combination of psychological medical and nutritional approaches as a parent you are the constant guardian of your child s health but often the best way to extend treatment from the examining room to the living room isn t clear take charge of your child s eating disorder is a hands on medically based guide that tells you what you need to know about eating disorders as the founder and director of the adolescent eating disorder parent education and support program at stanford university dr pamela carlton has treated hundreds of children and adolescents with

eating disorders as well as guided their parents through the maze of eating disorder treatments this book offers a wealth of crucial information including warning signs and diagnostic criteria for anorexia bulimia and eating disorders not otherwise specified ednos facts about the hidden eating disorder female athletic triad a step by step plan for diagnosis treatment options and recovery support detailed advice for putting together and successfully managing a treatment team the real story about insurance what s covered what s not and how to fight the system specific strategies for handling delicate situations talking to your child and accessing the most up to date resources

if you have bulimia you know what it s like to be locked in a battle with your body and you know that whether you re trying to lose weight or struggling to end the bingeing and purging cycle the same old fears and self doubts keep coming back the approach to moving beyond bulimia in the mindfulness and acceptance workbook for bulimia is different than other treatments you may have tried instead of encouraging you to avoid or fight against the conflicted feelings you have about food and your body this workbook invites you to welcome and accept your deepest fears learn to live with them and put the things that are really important in your life first easier said than done definitely but with this plan based in acceptance and commitment therapy a proven effective therapeutic solution to bulimia and other conditions you ll develop the powerful psychological skills you need to move past bulimia and toward a more fulfilling way of life the worksheets exercises and questionnaires in this book will help you determine the risks of continuing the bulimia cycle identify the experiences and relationships that matter to you most practice present moment awareness learn to accept your thoughts feelings and experiences as they come recommit to living according to your deepest values

in is your child dying to be thin a workbook for parents and family members on eating disorders goodman draws upon her experience with persons afflicted with eating disorders and their families to address these feelings in clear layman s terms she outlines the symptoms of three major eating disorders anorexia nervosa bulimia and compulsive overeating and discusses the various factors which contribute to the development of these disorders highlighting various treatment approaches simple questionnaires worksheets dos and don ts and suggested further readings make it possible for family members to become educated and involved in the patient s recovery back cover

provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

this informative resource provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness thousands of hours of research have gone into this 2005 06 edition hundreds of new entries have been added and thousands of enhancements have been made to existing entries this widely hailed directory is structured around the 90 most prevalent chronic illnesses from asthma to cancer to wilson s disease and provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness each chronic illness has its own chapter and contains a brief description in layman s language followed by important resources for national local organizations state agencies newsletters books periodicals libraries research centers support groups hotlines sites and much more two indexes provide quick access to this wealth of information entry index and geographic index this directory is an important resource for health care

professionals the collections of hospital and health care libraries as well as an invaluable tool for people with a chronic illness and their support network

in the dialectical behavior therapy skills workbook for bulimia two psychologists specializing in eating disorders and dialectical behavior therapy dbt show readers how to regulate negative emotions and behaviors and overcome bulimia

provides a compassionate and comprehensive look at this potentially fatal disorder through a multidimensional approach that incorporates nutritional psychological and biochemical aspects costin addresses questions about the cause treatment and prevention of anorexia nervosa bulimia binge eating disorder and activity disorder patients families and professionals may avail themselves of up to date information on treatment programs family therapy and support groups

discusses various eating disorders with an emphasis on anorexia nervosa and bulimia nervosa and tells the stories of people who have suffered from them

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