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Overcoming Bulimia Nervosa and Binge-Eating

By Peter J. Cooper

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Bulimia Nervosa and Binge-Eating, Peter J. Cooper, A Books on Prescription Title Step-by-step - the proven path to recovery from bulimia nervosa and binge-eating One in twenty women in the Western world experiences bouts of uncontrolled binge-eating and many of these are suffering from the eating disorder bulimia nervosa. Stringent dieting and making yourself vomit after overeating are common features of bulimia nervosa, as are depression, anxiety and feelings of worthlessness. This illness causes great distress to sufferers and those who care about them, but in recent years there have been real advances in treatment. In this third edition, Peter Cooper's sympathetic and highly acclaimed guide gives a clear explanation of the disorder and the serious health issues that can result from it. He describes the treatments available today and, most importantly, sets out a self-help guide for those who want to tackle their difficulties with a step-by-step program. This program has been found in independent clinical research to be of substantial benefit to people with bulimia nervosa (Psychological Medicine, 2005). This book will also give friends and family a much clearer understanding of the illness and its...



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