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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 ...

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This workbook contains tools to help bulimics break the cycle of bingeing and reacting, 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.

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This book is an empathetic, constructive, step-by-step guide to overcoming bulimia. It tackles control of symptoms but also helps the reader work through thought patterns, overcoming stress, mindfulness, and specific instructions on how to change your habits and begin the healing process.

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