



DOWNLOAD



Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders (2nd Revised edition)

By Ulrike Schmidt, Janet Treasure, June Alexander

Taylor & Francis Ltd. Paperback. Book Condition: new. BRAND NEW, Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders (2nd Revised edition), Ulrike Schmidt, Janet Treasure, June Alexander, Getting Better Bite by Bite is an essential, authoritative and evidence-based self-help programme that has been used by bulimia sufferers for over 20 years. This new edition maintains the essence of the original book, while updating its content for today's readers, drawing on the latest knowledge of the biology and psychology of bulimia and its treatment. The book provides step-by-step guidance for change based on solid research. The use of everyday language, stimulating contemporary case study story-telling and evocative illustrations in Bite by Bite provide encouragement, hope and new perspectives for all readers. This handy-sized book fills a need for easy-to-understand information about Bulimia Nervosa, a serious and prevalent eating disorder. Ulrike Schmidt and Janet Treasure are world-renowned researchers and authorities on eating disorders, and June Alexander, a former sufferer of anorexia and bulimia, is a respected writer and internationally-known eating disorder awareness advocate. Getting Better Bite by Bite is a valuable resource - for sufferers, for their families, and for the health professionals and carers...

Reviews

If you need to add benefit, a must buy book. It really is really interesting through reading through period. Your way of life period will probably be convert as soon as you total looking over this book.

-- Ms. Kirstin O'Kon

Good e-book and helpful one. It can be written in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.

-- Ozella Batz