



Overcoming Your Eating Disorder, Workbook: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work)

Robin F. Apple, W. Stewart Agras

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If you suffer from Bulimia Nervosa or Binge-Eating Disorder, you know how hard it can be to change your problem behaviors surrounding food and eating. However, with the right tools and support, you can overcome your disorder and return to a healthy way of life.

Based on the principles of Cognitive-Behavioral Therapy, the program described in this newly revised and updated workbook will teach you the skills you need to overcome your eating disorder and establish healthy habits. Through daily self-monitoring, you will learn to regularize your eating and expand the variety of foods that you consume. This will help you maintain a healthy weight and will reduce your desire to binge and purge. You will also learn techniques for solving problems, challenging your negative thoughts, and addressing your concerns about weight and shape. Use the workbook to share information with friends and loved ones so they can support and encourage you throughout the treatment process.

When used in conjunction with visits to a qualified mental health professional, this workbook will help you realize the triggers for your disordered eating habits. Once you are able to identify them, you can eliminate them. At the end of treatment, we fully expect that you will have reduced the number of your binge eating and purging episodes, improved your body image, and gained a sense of mastery and control over your eating.

***Treatments That Work*TM represents the gold standard of behavioral healthcare interventions!**

- All programs have been rigorously tested in clinical trials and are backed by years of research
- A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date
- Our books are reliable and effective and make it easy for you to provide your clients with the best care available
- Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated
- A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources
- Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

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William Henslee:

The book untitled Overcoming Your Eating Disorder, Workbook: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) contain a lot of information on the idea. The writer explains your girlfriend idea with easy method. The language is very clear to see all the people, so do certainly not worry, you can easy to read the idea. The book was compiled by famous author. The author gives you in the new era of literary works. It is possible to read this book because you can please read on your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a

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