



Bulimia: A Guide to Recovery

Lindsey Hall, Leigh Cohn

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This intimate self-help guidebook offers a complete understanding of bulimia and a plan for recovery. It includes a two-week program to stop bingeing, ideas for things to do instead of bingeing, a guide for support groups, specific advice for loved ones, and "Eat Without Fear," Lindsey Hall's story of her self-cure, which has inspired thousands of other bulimics. This 25th anniversary edition updates all information from previous editions, with additional material on assessment, new diagnostic categories, men and bulimia, evidence-based treatment, family-assisted recovery, the influence of media (including the Internet), the essentials of "long-term recovery," and much more. Drawing on its established track record of success, *Bulimia: A Guide to Recovery* includes input from 400 recovered bulimics and is packed with valuable tips for therapists, educators, bulimics, and their loved ones.

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Carlo Young:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite reserve and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled Bulimia: A Guide to Recovery. Try to the actual book Bulimia: A Guide to Recovery as your pal. It means that it can to get your friend when you experience alone and beside associated with course make you smarter than before. Yeah, it is very fortunated for you. The book makes you much more confidence because you can know everything by the book. So , we should make new experience in addition to knowledge with this book.

Babara Lopez:

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