

Overcoming Bulimia Nervosa And Binge-eating - Peter Cooper

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As many as one in 20 women in the western world suffer bouts of uncontrolled binge-eating. Going without food for long periods, making yourself vomit and taking laxatives you don't need are also common and are symptoms of bulimia nervosa. Such illness costs lives if not successfully treated. Now in its second 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 for themselves, with a step-by-step programme. This is a real chance for sufferers to take the road to recovery, and will give their friends and family a much clearer understanding of the illness and its remedy. Author: Cooper, Peter Publisher: Robinson Illustration: N Language: ENG Title: Overcoming Bulimia Nervosa and Binge-Eating Pages: 00300 (Encrypted EPUB) On Sale: 2012-11-01 SKU-13/ISBN: 9781472105714 Category: Psychology : Clinical Psychology Category: Psychology : Psychopathology - Eating Disorders

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