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Nota di contenuto	Contents; Information About Bulimia Nervosa, Binge-Eating Disorder, and This Treatment Program; Chapter 1 Introduction; Chapter 2 Binge Eating and Purging; Chapter 3 Health Effects of Binge Eating and Purging; Chapter 4 Treatments for Binge Eating and Purging; Chapter 5 Evidence for the Effectiveness of Guided Self-Help; A Step-by-Step Approach to Treatment; Chapter 6 An Assessment of Your Eating Problems: Is It Time to Begin Treatment?; Chapter 7 Understanding and Applying the CBT Model; Chapter 8 Using Daily Food Records to Monitor Eating Chapter 9 Establishing a Regular Pattern of Eating Plus Weekly WeighingChapter 10 Feared and Problem Foods; Chapter 11 Body-Image Concerns; Chapter 12 Handling Intense Moods and Emotions; Chapter 13 Working Through Problem Situations and Thoughts; Chapter 14 Handling Challenging People; Chapter 15 Preventing

Sommario/riassunto

Cognitive-Behavioral Therapy (CBT) has been proven effective for treating Bulimia Nervosa and Binge Eating Disorder. However, this type of program requires at least 6 months of weekly sessions with a qualified mental health professional. If you suffer from an eating disorder and want to get treatment, but have little time to devote to therapy, a shorter, time-limited program may be right for you. This workbook outlines a Guided Self-Help (GSH) program based on the principles of CBT. Although sessions with a therapist or clinician are required, there are usually no more than 12 and each one is

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