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Titolo	Binge-eating disorder [[electronic resource]] : clinical foundations and treatment / / James E. Mitchell ... [et al.]
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Descrizione fisica	1 online resource (224 p.)
Collana	NIH publication ; ; no. 04-3589
Altri autori (Persone)	MitchellJames E <1947-> (James Edward)
Disciplina	616.8526 616.85263
Soggetti	Compulsive eating Compulsive eating - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 189-208) and index.
Nota di contenuto	What we know about binge-eating disorder and its treatment -- A cognitive-behavioral treatment program for binge-eating disorder.
Sommario/riassunto	This innovative scientific reference and clinical tool is virtually two books in one. Part I thoroughly yet succinctly reviews the literature on binge-eating disorder, covering diagnosis and epidemiology, clinical features and course, links to obesity, medical risks, and current treatment data. Part II provides an evidence-based cognitive-behavioral treatment manual. Session-by-session guidelines address how to help individuals or groups change their eating behavior, cope with emotional triggers, restructure problematic thoughts, deal with body image concerns and