



Clinician's Guide: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Janet Treasure, Ulrike Schmidt

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The publication four years ago of *Getting Better Bit(e) by Bit(e)*, written by two eating disorder specialists at London's world-famous Maudsley Hospital, was a milestone in the treatment of bulimia.

For the first time a self-help book was shown, by rigorous clinical trials, to cure a significant fraction of women suffering from bulimia, and to reduce the therapist contact time needed by others. *Getting Better Bit(e) by Bit(e)* offered an efficient way of treating bulimic patients, which would be valued by any resource-conscious health service.

The authors of *Getting Better Bit(e) by Bit(e)* have now written this *Clinician's Guide*, to help health care professionals maximize the benefit that patients obtain from the self-help book. Based on the authors' wide-ranging experience of treating eating disorder patients, it provides a step-by-step account of how the chapters in *Getting Better Bit(e) by Bit(e)* can be used to ameliorate various aspects of bulimics' difficulties, with examples drawn from real patients' case histories. Particular emphasis is given to the problem of motivating patients who are reluctant to change their behaviour, using Miller and Rollnick's motivational interviewing approach.

The Clinician's Guide to Getting Better Bit(e) by Bit(e) will be invaluable for all those treating sufferers of bulimia.

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The reason why? Because this Clinician's Guide: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders is an extraordinary book that the inside of the guide waiting for you to snap the idea but latter it will surprise you with the secret it inside. Reading this book next to it was fantastic author who write the book in such wonderful way makes the content interior easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of rewards than the other book possess such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I ended up you I will go to the reserve store hurriedly.

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Andrew Hulbert:

Is it anyone who having spare time in that case spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This Clinician's Guide: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders can be the response, oh how comes? A book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these publications have than the others?

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