



Overcoming Bulimia Nervosa and Binge-eating: A Self-Help Guide Using Cognitive Behavioral Techniques

By Peter Cooper

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Bulimia Nervosa and Binge-eating: A Self-Help Guide Using Cognitive Behavioral Techniques, Peter Cooper, The proactive CBT approach to controlling the self-destructive behaviors of bulimia nervosa and binge-eating. The accessible and straightforward books in the Overcoming Series treat disorders by changing unhelpful patterns of behavior and thought. Cognitive Behavioral Therapy (CBT) is internationally favored as a practical means of overcoming longstanding and disabling conditions, both psychological and physical. The books in the series outline affordable and easy-to-follow treatment plans, and have provided tens of thousands of readers with the help they need to lead happier lives. This positive, pragmatic approach is popular with therapists and patients alike.



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Reviews

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The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**