



# **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 book untitled Clinician's Guide: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders contain a lot of information on the item. The writer explains your girlfriend idea with easy approach. The language is very straightforward all the people, so do certainly not worry, you can easy to read the idea. The book was published by famous author. The author gives you in the new period of time of literary works. It is possible to read this book because you can please read on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and also order it. Have a nice learn.

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