



The Mindfulness and Acceptance Workbook for Bulimia: A Guide to Breaking Free from Bulimia Using Acceptance and Commitment Therapy (New Harbinger Self-Help Workbook)

By Emily K. Sandoz PhD, Kelly G. Wilson PhD, Troy DuFrene

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Break the Bulimia Cycle with Mindfulness and Acceptance

If you have bulimia, you know what it's like to be locked in a battle with your body-and you know that whether you're trying to lose weight or struggling to end the bingeing and purging cycle, the same old fears and self-doubts keep coming back. The approach to moving beyond bulimia in **The Mindfulness and Acceptance Workbook for Bulimia** is different than other treatments you may have tried. Instead of encouraging you to avoid or fight against the conflicted feelings you have about food and your body, this workbook invites you to welcome and accept your deepest fears, learn to live with them, and put the things that are really important in your life first.

Easier said than done? Definitely. But with this plan based in acceptance and commitment therapy, a proven-effective therapeutic solution to bulimia and other conditions, you'll develop the powerful psychological skills you need to move past bulimia and toward a more fulfilling way of life.

- Determine the risks of continuing the bulimia cycle
- Identify the experiences and relationships that matter to you most
- Practice present-moment awareness
- Learn to accept your thoughts, feelings, and experiences as they come
- Recommit to living according to your deepest values



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Editorial Review

From the Publisher

Written by an eating disorder specialist and acceptance and commitment therapy (ACT) experts, The Mindfulness and Acceptance Workbook for Bulimia offers readers a plan for overcoming bulimia and negative body image through ACT.

About the Author

Emily K. Sandoz, Ph.D., is on the faculty of the psychology department at the University of Louisiana at Lafayette. Sandoz has presented at national and international conferences on eating disorders and body image difficulties and trains therapists to use acceptance and commitment therapy for the treatment of eating disorders. She is coauthor of peer-reviewed articles and chapters on acceptance and commitment therapy and related issues.

Kelly G. Wilson, Ph.D., is on the faculty of the Psychology Department at the University of Mississippi. He is coauthor of Acceptance and Commitment Therapy, Terapia de Aceptación y Compromiso, Acceptance and Commitment Therapy for Chronic Pain, and over forty-five articles and chapters on related basic and applied issues.

Troy DuFrene is a writer who lives and works in the San Francisco Bay Area.

Users Review

From reader reviews:

Judith Judd:

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Karen Nash:

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