



## Bulimia, Binge-eating and their Treatment

*J Hubert Lacey, Bryony Bamford*

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Bulimia is on the increase, affecting women and men, and is primarily a psychological condition rooted in low self-esteem and depression. Other symptoms include weight fluctuations and irregular periods, and complications can be life-threatening, from rupture of the stomach to heart attack. The good news is that bulimia is highly treatable. Methods used include self-help programmes supervised by GPs, anti-depressant medication, counselling, cognitive behavioural therapy, and specialist eating disorder help and support. This book, whose lead author is the pioneering expert in the field, gives up-to-date thinking on bulimia, binge-eating and their treatment.

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