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Title: **Getting better 'Bite by Bite'**

Author(s): **Schmidt, Ulrike & Treasure, Janet**

Publisher: **Routledge Press**

Year: **2004** ISBN: **9780863773228**

A very comprehensive guide on how to overcome problems with eating, including Anorexia, Bulimia and over eating.

Advice on how to keep a therapeutic diary, how to stop binges, the dangers of dieting and how to regain control.

This book is not an 'Easy Read' and requires a lot of thought and hard work from the reader if changes are to be seen.

However, with this effort, it should help overcome negative eating patterns.

143 pages

Readability:



Available: **Yes** Cover Price: **£5.99**



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