



Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

By Ulrike Schmidt, Janet Treasure, June Alexander

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Getting Better Bite by Bite is an essential, authoritative and evidence-based self-help programme that has been used by bulimia sufferers for over 20 years. This new edition maintains the essence of the original book, while updating its content for today's readers, drawing on the latest knowledge of the biology and psychology of bulimia and its treatment.

The book provides step-by-step guidance for change based on solid research. The use of everyday language, stimulating contemporary case study story-telling and evocative illustrations in *Bite by Bite* provide encouragement, hope and new perspectives for all readers.

This handy-sized book fills a need for easy-to-understand information about Bulimia Nervosa, a serious and prevalent eating disorder. Ulrike Schmidt and Janet Treasure are world-renowned researchers and authorities on eating disorders, and June Alexander, a former sufferer of anorexia and bulimia, is a respected writer and internationally-known eating disorder awareness advocate. *Getting Better Bite by Bite* is a valuable resource - for sufferers, for their families, and for the health professionals and carers treating them.

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Editorial Review

Review

"Countless subjects afflicted with bulimia have already benefited from using the original self-help manual, one of the first written after the description of these disorders. The new edition retains the appeal of the original through a friendly style, moving case-vignettes and ingenious illustrations. Some additions enable the inclusion of new research on the body image disturbance and on refined treatment techniques, while an extra chapter facilitates access to sources of help in different parts of the world. I recommend this book with full enthusiasm." - *Gerald Russell*, Emeritus Professor of Psychiatry, Institute of Psychiatry, King's College, London

"Ulrike Schmidt, Janet Treasure and June Alexander make an outstanding team in this second edition of one of the foremost self-help manuals for sufferers with bulimic disorders. Drs Schmidt and Treasure are at the cutting edge in their clinical and research work in this domain, and adding June Alexander to this team provides this edition an eloquent voice that represents sufferers and carers. This book is a great practical guide for those who are unwell, and also for those you are there to guide these individuals through their struggles toward recovery - professionals, families and friends alike." - *Daniel Le Grange*, PhD, Benioff UCSF Professor in Children's Health, University of California, San Francisco, USA

"*Getting Better Bite by Bite* is a beautiful illustrated step-by-step guide for eating disorders recovery. Through rich storytelling and concrete practical exercises reflecting decades of collective clinical experience, this book accompanies the reader across the stepping stones to recovery. Warmth, compassion, and deep understanding flow from every page integrating perspectives of two of the most respected eating disorder clinicians in the world and a survivor/advocate. This guide avoids jargon and provides solid advice for anyone with an eating disorder. A rich resource for every library and a comforting companion for anyone contemplating recovery." - *Cynthia Bulik*, PhD, FAED, Professor, Karolinska Institutet and the University of North Carolina at Chapel Hill, Author of *Midlife Eating Disorders* and *Binge Control*

"From the outset, *Gettign Better Bite by Bite* engages readers to realistically and wholeheartedly consider what it will take--and what it will mean--to change their lives and become free from bulimia nervosa or binge eating disorder. Drawing upon years of clinical experience and the most up to date treatment research, this volume can be used as a self-help guide to changing long-standing eating disorder patterns and get readers on the road to recovery. In fact, research has found that use of this book is an efficacious therapeutic intervention... Schmidt, Treasure, and Alexander have woven a uniquely authoritative volume that is as engaging and emphatic as it is practical and directive. *Getting Better Bite by Bite* is an invaluable resource for sufferers as well as carers." - *Peter Doyle*, Academy of Eating Disorders Forum

About the Author

Ulrike Schmidt is Professor of Eating Disorders at King's College London and a consultant psychiatrist in the Eating Disorders Unit at the Maudsley Hospital, London, UK. Her research covers all aspects of eating disorders, from causes to treatments. She has a particular interest in developing novel treatments, especially brief interventions that can be widely disseminated. She is the author of several popular self-help books and

award-winning online therapy programmes.

Janet Treasure, OBE, PhD, FRCP, FRCPsych, is a professor and a psychiatrist who works in research and teaching at King's College London and as a clinician at the South London and Maudsley NHS Foundation Trust, (www.the.newmaudsleyapproach.co.uk). Professor Treasure's research interests include conjoint working with patients and carers using translational research to develop new forms of treatment.

June Alexander developed anorexia nervosa at age 11, an illness that challenged and shaped her life. A love of words became a survival tool. She kept a diary and developed a journalism career. Since 2006, June has applied lived experience and literary skills to write about eating disorders. A PhD candidate, June serves on Australian and international organisations, including AED, F.E.A.S.T. and NEDC. Her website: www.junealexander.com.

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Gregory McCormick:

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