



## The Bulimia Help Method Your Practical Self Help Guide For Bulimia Recovery

By Richard Kerr

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 190 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. I am truly extraordinarily impressed with the Bulimia Help Method. It is really impressive and very approachable—Susan Paxton, Past President of the Academy for Eating Disorders and Professor at La Trobe University There is much helpful, practical, and inspirational advice in this program, which is all backed by thorough research and the experience of thousands of recovered bulimics. - Kathryn Hansen, Author of Brain over Binge About the book Back in 2004 my wife Ali confessed to me that she had secretly struggled with bulimia for over ten years. She told me how she felt weak, broken, scared and despite knowing how damaging bulimia was, she was powerless to stop. I felt shocked, confused and concerned. All I knew was that I loved her and would stop at nothing to help her. But real help was difficult to find. In-patient treatment was too expensive, therapy proved ineffective and everywhere we turned people told us recovery would be a life-long battle. Frustrated, we took matters into our own hands and spent two years researching, testing and questioning everything that was known...



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