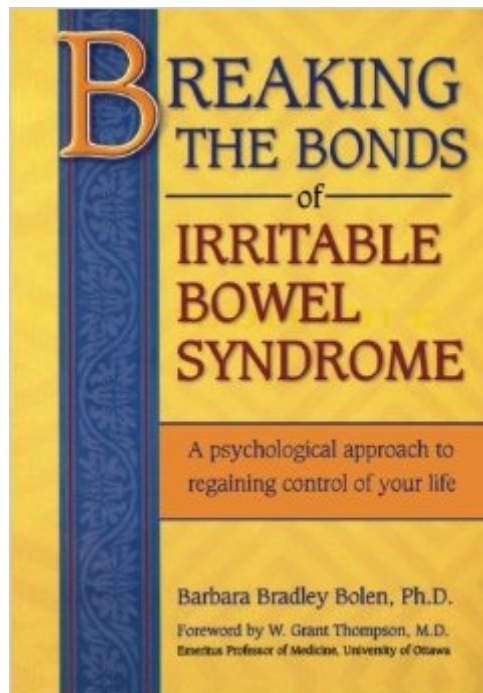


The book was found

# Breaking The Bonds Of Irritable Bowel Syndrome: A Psychological Approach To Regaining Control Of Your Life



## Synopsis

One of the challenges of living with Irritable Bowel Syndrome (IBS) is coping with the way that stress triggers the illness. In this book, Dr. Bolen, a clinical psychologist, provides a comprehensive overview of IBS, describes its treatments, and helps readers establish healthy new eating habits. Using self monitoring forms and charts, sufferers learn to manage their symptoms, develop strategies to handle flare-ups, and deal with the anxiety and depression that often accompany this common disorder.

## Book Information

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #857,334 in Books (See Top 100 in Books) #71 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #401 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

Dr. Bolen has over 20 years of experience in providing psychological services to individuals of all ages and has worked in both hospital and private practice settings. Since 2007, she has been the About.com Guide to Irritable Bowel Syndrome and is the co-author of the book IBS Chat: Real Life Stories and Solutions. She maintains a private practice on Long Island, New York.

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