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Taylor & Francis Ltd. Paperback. Book Condition: new. BRAND NEW, Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders (2nd Revised edition), Ulrike Schmidt, Janet Treasure, June Alexander, Getting Better Bite by Bite is an essential, authoritative and evidence-based self-help programmethat has been used by bulimia sufferersfor 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...

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- Authored by Ulrike Schmidt, Janet Treasure, June Alexander
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