



# **The Bulimia Workbook for Teens: Activities to Help You Stop Bingeing and Purging (Instant Help Solutions)**

*Lisa M. Schab LCSW*

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# The Bulimia Workbook for Teens: Activities to Help You Stop Bingeing and Purging (Instant Help Solutions)

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**Break the cycle of bulimia and take charge of your life.**

Have you ever had a false friend? Someone who you thought was on your side, but let you down in the end? Bulimia is a false friend, too. As you depend on it more and more, your life only gets worse and worse. You may have found that you need to hide food, mislead others, and schedule your bingeing and purging cycle in order to keep bulimia in your life. If you're ready to ditch bulimia and make room for the real friends in your life, you can. This book will show you how.

*The Bulimia Workbook for Teens* presents 42 exercises that will help you end the chaos of bulimia so that you can focus on becoming the person you really want to be. These exercises teach skills for overcoming bulimia based in cognitive behavioral therapy, a kind of therapy that psychologists use and research has shown really helps. The skills in this workbook will help you to: Build the strength to reduce your dependence on bulimia; overcome perfectionism and be kinder toward yourself and your body; manage difficult emotions without bingeing and purging; and transcend bulimia by accepting and loving yourself unconditionally.

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