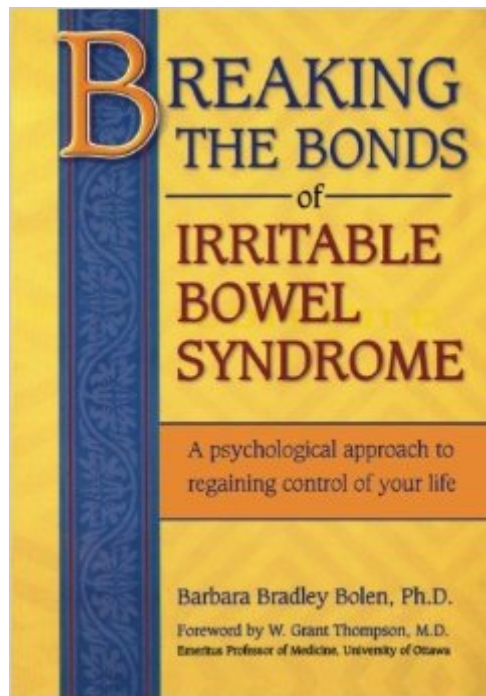


The book was found

# 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

Paperback: 180 pages

Publisher: CreateSpace Independent Publishing Platform (December 13, 2010)

Language: English

ISBN-10: 145633199X

ISBN-13: 978-1456331993

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 14.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (11 customer reviews)

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

[Download to continue reading...](#)

Breaking the Bonds of Irritable Bowel Syndrome: A Psychological Approach to Regaining Control of Your Life Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Irritable

Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies for Relief from Bowel Complaints IRRITABLE BOWEL SYNDROME - The Simple Basic Facts on How to: Manage and Control IBS Get Your Life Back Starting Now Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Master Your IBS: An 8-Week Plan Proven to Control the Symptoms of Irritable Bowel Syndrome IBS Relief: A Complete Approach to Managing Irritable Bowel Syndrome The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) The NUTRITION NAVIGATOR [US]: Find the Perfect Portion Sizes for Your Fructose, Lactose and/or Sorbitol Intolerance or Irritable Bowel Syndrome Beat Your Irritable Bowel Syndrome in 7 Simple Steps (Teach Yourself) Making Sense of IBS: A Physician Answers Your Questions about Irritable Bowel Syndrome (A Johns Hopkins Press Health Book) The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide for the Newly Diagnosed Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer by Monastyrsky, Konstantin 1st (first) Edition (10/15/2005) IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades

[Dmca](#)