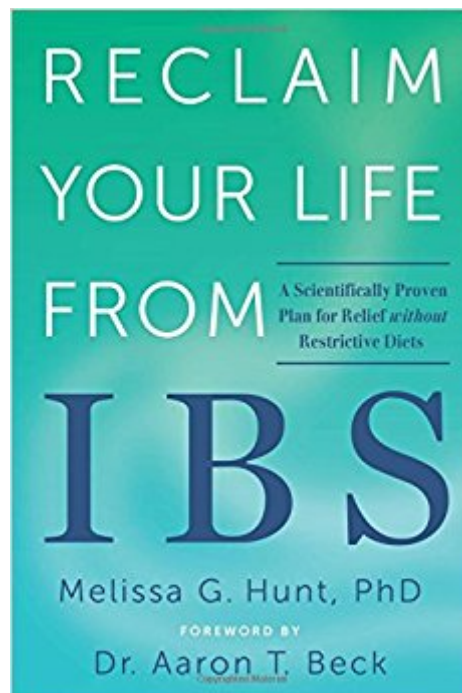




**Ebook Directory**  
the best source of ebook

The book was found

# Reclaim Your Life From IBS: A Scientifically Proven Plan For Relief Without Restrictive Diets



## Synopsis

A revolutionary approach to handling today's most prevalent gastrointestinal disorder. IBS is often linked to stress, but the vast majority of treatments focus only on restrictive diets. By contrast, this book addresses the emotional component of the disorder through new research based in Cognitive Behavioral Therapy. It actually encourages people to change the way they think about the ailment and stop avoiding situations they fear might exacerbate their symptoms. Tested in a unique randomized controlled trial by the author—who is a clinical psychologist and scientist—this program, based on a solid scientific foundation, offers new hope for IBS sufferers hoping to reclaim their life.

## Book Information

Paperback: 224 pages

Publisher: Sterling; 1 edition (April 5, 2016)

Language: English

ISBN-10: 145491887X

ISBN-13: 978-1454918875

Product Dimensions: 6 x 0.6 x 8.9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 23 customer reviews

Best Sellers Rank: #62,511 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #24 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Digestive Organs #25 in Books > Medical Books > Medicine > Internal Medicine > Gastroenterology

## Customer Reviews

Melissa G. Hunt, PhD, is a licensed clinical psychologist and serves as the Associate Director of Clinical Training in the Department of Psychology at the University of Pennsylvania, one of the top clinical science training programs in the country. She is also a fellow and Diplomate of the Academy of Cognitive Therapy. Her primary interest is in the development and dissemination of empirically supported psychological treatments for chronic health problems, especially GI disorders. She has a number of scientific publications on the treatment of irritable bowel syndrome (IBS) in peer-reviewed academic journals, and has presented at numerous conferences (in psychology, nursing, and gastroenterology) both on her academic work and in the context of workshops for clinicians. Her work on IBS has been featured by the Anxiety and Depression Association of

America (ADAA) podcasts for consumers.Â She recently presented this material at the annual American College of Gastroenterology meeting, where her work was selected and highlighted as being of special interest to the media. Professionally, she divides her time between teaching, supervision, research, and clinical practice. Melissa lives in PA.

My wife has IBs says this book has helped her so much

Lots to learn!

Information for individuals with IBS and clinicians alike. Useful workbook to aid in symptom identification and management

Not much to say. It didn't help me much but did remind me that sometimes my problem start with stress .

I haven't finished reading the book, but it helped me with some aspects of my IBS-D, especially the breathing exercises. It pushed me to speak with my supervisor more about my treatment (I have a great supervisor!) so we can work through my problems at work together. I agree with Dr. Hunt that telling the people you work and socialize with is super important in this process. I appreciated learning about the cognitive model and more about IBS. However, I found out with the help of my registered dietician that a lot of my issues are food, which Dr. Hunt downplays in her treatment program. I'm lucky in that I finally found the doctors and treatment I needed and am 90% better and that my supervisor supported me 120% in the year and a half long process to this point. I give this book four stars because I don't believe it's necessarily the complete answer to your problem, and I was disappointed that Dr. Hunt downplays the food issue so much. I highly recommend reading it. I wish I'd found it earlier in my treatment, and I'll probably give it to my doctor or dietician to pass along to someone else who wouldn't otherwise read it.

Ordered 1. Received 2. Typical

good

I have read few other books to improve my IBS symptoms. Books containing new diet plans and

meditation techniques are all very useful. But the insight into the real problem I gained after reading this book is extremely helpful to me. This book clearly explains how mental condition is related to the gut problems. I was always aware of this connection but the idea was not this clear to me. Living in a professional world full of deadlines and job duties, puts lots of pressure on human body and intestinal problems such as IBS are just one way the body is alarming about the mental issues. This book focuses on this aspect and tries to provide simple but strong techniques to block the route from outside stress to the body and intestine. The book is very easy to read, no technicality,,,so my recommendation as a person with IBS symptoms is give it a read,,I am sure you will find it very useful!

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

Reclaim Your Life from IBS: A Scientifically Proven Plan for Relief without Restrictive Diets Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) IBS and ESSENTIAL OILS.: How to Treat IBS with Essential Oils, Fodmap, and Proven Simple Steps to Follow with List of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner. Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) 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 The Low-FODMAP Diet for Beginners: A 7-Day Plan to Beat Bloat and Soothe Your Gut with Recipes for Fast IBS Relief Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs 7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery. Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery Master Your IBS: An 8-Week Plan Proven to Control the Symptoms of Irritable Bowel Syndrome Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief IBS Diet Irritable Bowel Syndrome The Ultimate Guide for Lasting Control Low Carb Way of Healthy Life with IBS Diet Stick with It: A Scientifically Proven Process for Changing Your Life-for Good IBS Slow Cooker Cookbook: 50 Low FODMAP Slow Cooker Recipes To Manage Your IBS Symptoms IBS--Free at Last!: A Revolutionary, New Step-by-Step Method for Those Who Have Tried Everything. Control IBS Symptoms by Limiting FODMAPS Carbohydrates in

Your Diet. The testosterone book. How to increase your testosterone 100% naturally: The truth about what works to increase your testosterone. Scientifically proven, with the most in-depth research. Improve Your Memory â “ Learn Faster, Retain more, and Unlock Your Brainâ™s Potential â “ 17 Scientifically Proven Memory Techniques for Better Daily Living The IBS Elimination Diet and Cookbook: The Proven Low-FODMAP Plan for Eating Well and Feeling Great

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)