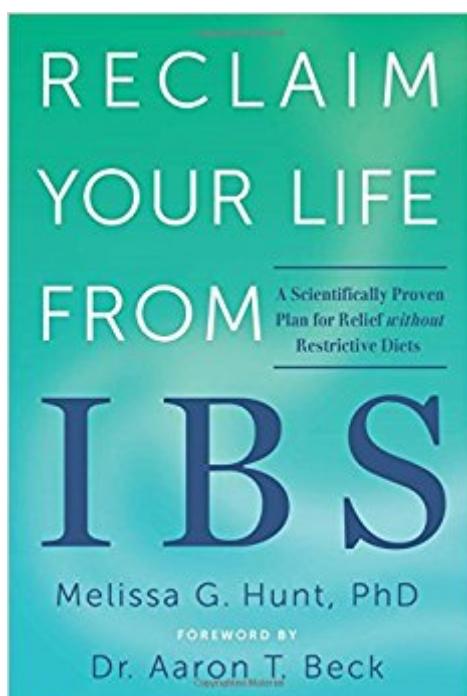


The book was found

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



## **Synopsis**

A revolutionary approach to handling todayâ™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 authorâ "who is a clinical psychologist and scientistâ "this program, based on a solid scientific foundation, offers new hope for IBS sufferers hoping to reclaim their life.

## **Book Information**

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## **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.Â Her primary interest is in the development and dissemination of empirically supported psychological treatments for chronic health problems, especially GI disorders.Â 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. 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 dietitian 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 dietitian 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!

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