

"This self-help workbook is an excellent tool to help alleviate bulimia nervosa symptoms. It is also a useful guide for the practitioner who is assisting the patient in his or her quest to overcome an eating disorder. I highly recommend this workbook to sufferers and mental health professionals alike."

—DANIEL LE GRANGE, PH.D., professor and director of the eating disorders program at the University of Chicago

Using DBT and motivational interviewing, *The Dialectical Behavior Therapy Skills Workbook for Bulimia* helps readers to:

- Stop any behavior that interferes with treatment
- Eliminate mindless eating
- Stop bingeing and purging
- Decrease cravings, urges, and preoccupation with food
- Decrease "apparently" irrelevant behaviors, such as pretending to buy someone else candy
- Understand and implement diaphragmatic breathing
- Observe & describe thoughts & feelings non-judgmentally & effectively
- Increase skillful emotion regulation behaviors

**FOR AN INTERVIEW REQUEST or MORE INFORMATION CONTACT:**

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## THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR BULIMIA

Using DBT to Break the Cycle and Regain Control of Your Life  
ELLEN ASTRACHAN-FLETCHER, PH.D., AND MICHAEL MASLAR, PSY.D.

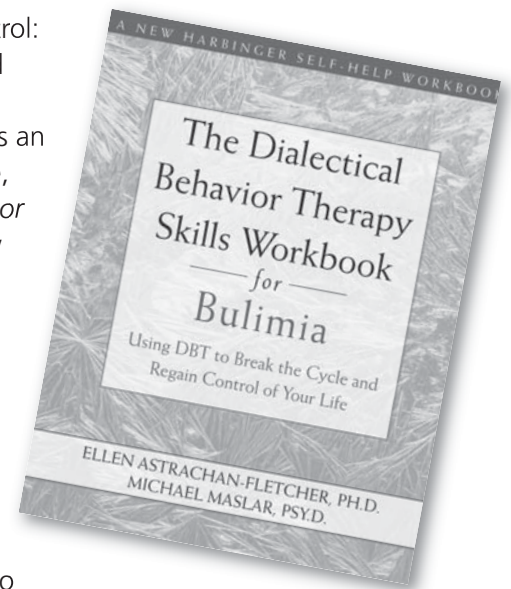
### DBT strategies and skills offer an effective way to regulate negative emotions and behaviors and overcome bulimia

At the root of bulimia is a need for control: control over one's body, environment, and feelings of self-worth. While purging is a strategy for controlling weight, bingeing is an attempt to calm depression, stress, shame, and even boredom. *The Dialectical Behavior Therapy Skills Workbook for Bulimia* (New Harbinger, \$21.95) offers readers new ways to overcome the distressing feelings and negative body-image beliefs that keep bulimics trapped in this devastating cycle.

In *The Dialectical Behavior Therapy Skills Workbook for Bulimia*, authors Ellen Astrachan-Fletcher, Ph.D., and Michael Maslar, Ph.D., introduce readers to dialectical behavior therapy (DBT), a healthier coping mechanism for dealing with their feelings. Using skills drawn from this proven approach, along with motivational interviewing, readers learn to regulate their emotions in effective ways that are healthy for both mind and body.

The workbook contains worksheets and exercises to help readers put new skills like mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness into practice to help them manage bulimic urges. The authors also help readers to identify and address mental health conditions, such as anxiety and depression, that are often comorbid with bulimia.

*The Dialectical Behavior Therapy Skills Workbook for Bulimia* will help those suffering from bulimia to cope with their intense, uncomfortable feelings in healthy ways, empower them to feel good about nourishing their bodies, and gain the strength to put their illness behind them.



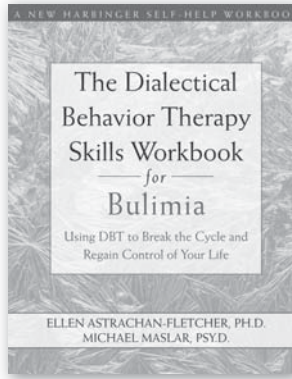
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## ABOUT the AUTHORS



### CLIENT PRAISE

"DBT has given me an appreciation for what I believed to be the most insignificant pieces in life: what is going on around me in the present moment. My eating disorder had taken away the familiarity of the simplest joys in life and had focused my attention to my body, exercise, and food. DBT had helped me refocus my attention to the present moment, rather than the past or future."

—ANNIE, client of coauthor Ellen Astrachan-Fletcher

**Ellen Astrachan-Fletcher, Ph.D.**, is founder and director of the eating disorders clinic at the University of Illinois Medical Center, where she is also an associate professor. She has over ten years of clinical experience as a licensed clinical psychologist, specializing in eating disorders and women's mental health issues. She is a member of the American Psychological Association and the Academy for Eating Disorders.



### Michael Maslar, Psy.D.,

is founder and director of the Mindfulness and Behavior Therapies Program at The Family Institute at Northwestern University. He is also an assistant professor at Northwestern University Medical School in Chicago, IL. Maslar has extensive training in dialectical behavior therapy (DBT) and is a member of the American Psychological Association and the Association for Behavioral and Cognitive Therapies.



### EXCERPT: WHAT IS DBT?

Dialectical behavior therapy, or DBT, is a helping approach developed by Marsha Linehan, Ph.D. (1993a), and many others. Originally designed for people who had repeated suicide attempts, it evolved into a treatment for a specific kind of personality disorder and more recently has been researched and used as a therapy for people with other complicated and persistent problems. Recent clinical studies have shown support for DBT as helpful to people with bulimia (Safer, Telch, and Agras 2001; Telch, Agras, and Linehan 2001).

DBT works by helping people gain a very clear and detailed understanding of their problems and what they can do in step-by-step fashion to change them. More specifically, DBT can help you identify what particular behaviors cause problems, exactly what types of situations, thoughts, feelings, and other behaviors lead to these problems, and what new behaviors or skills you can use to prevent the problem behaviors from occurring.

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