

THE MINDFULNESS AND ACCEPTANCE WORKBOOK FOR BULIMIA

A Guide to Breaking Free from Bulimia Using Acceptance and
Commitment Therapy

EMILY K. SANDOZ, PHD, KELLY G. WILSON, PHD, AND TROY DUFRENE

A NEW HARBINGER SELF-HELP WORKBOOK

The Mindfulness & Acceptance Workbook for Bulimia

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Using Acceptance & Commitment Therapy

Chapters

Introduction
Finding Hope

Chapter 1
Some Things You Should Know About
How We Eat and How We See Ourselves

Chapter 2
A Different Way of Doing Things

Chapter 3
Right Here, Right Now: Learning to Be

Chapter 4
Where It All Takes Place: Noticing Self-
as-Context

Chapter 5
A Great Big World: Looking Past Your
Thoughts

Chapter 6
Embracing Experience: Learning
Acceptance

Chapter 7
Getting Flexible: Finding Opportunities
for Valued Living in Everyday Life

Chapter 8
One Step at a Time:
Choosing Committed Action

Research
now suggests
that focusing
on deeply
embedded
body image
and food
concerns
that trigger

disordered eating is next to impossible and
can even be counterproductive. Unlike other
treatment programs, *The Mindfulness & Acceptance Workbook for
Bulimia* encourages readers to mindfully accept their deepest fears and
concerns about food, eating, and their bodies, and learn to shift their focus
to what really matters in their lives apart from their weight and eating
habits. Instead of making sweeping, made-to-be-broken promises about
ending disordered eating habits for good, this workbook helps readers
make small promises day by day, based on the present moment, such as
"I'm not bingeing right now." Acceptance and commitment therapy (ACT)
cofounder Kelly Wilson and ACT experts Emily Sandoz and Troy DuFrene
present a revolutionary approach to the treatment of bulimia and similar
eating disorders.

Written in a warm and compassionate style by Acceptance and
commitment therapy (ACT) cofounder Kelly Wilson and ACT experts
Emily Sandoz and Troy DuFrene, this workbook helps readers become
more flexible and open to change, and then gradually make the shift to
a life free of disordered eating and focused on living according to their
deepest values. The workbook includes an audio CD featuring additional
worksheets and guided meditations.



Includes CD with guided
mindfulness meditations,
worksheets & self-assessments

A CARING & INSIGHTFUL APPROACH TO RECOVERY FOCUSING ON:

- Flexible contact with the present moment
- Willing acceptance of things as they are
- Holding lightly stories about yourself
- An exploration of what matters most to you
- Commitments to move your life forward
- Taking a new perspective on what it means to be you

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A GUIDE TO BREAKING FREE FROM BULIMIA USING ACCEPTANCE & COMMITMENT THERAPY

Emily K. Sandoz, PhD, Kelly G. Wilson, PhD, & Troy DuFrene

June 2011 / 978-1-57224-735-2 / \$21.95 / 8 x 10 / 224 pages



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About the Authors

Emily K. Sandoz, PhD, is assistant professor of psychology at Louisiana State University. She is a clinical psychologist and behavior analyst who specializes in treating clients using acceptance and commitment therapy.

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Troy DuFrene is a writer who specializes in psychology. He is coauthor of *Coping with OCD, Mindfulness for Two*, and *Things Might Go Terribly, Horribly Wrong*. He lives in the San Francisco Bay Area.

Looking Kindly at Your Struggle

An excerpt from *The Mindfulness & Acceptance Workbook for Bulimia*

We're going to guess that you aren't reading this book by accident. If you've taken a look at the cover, you know it's not the kind of book you'd choose to pass the time while waiting for a plane. Chances are you bought this book, picked it up, or were given it because one of the places you get stuck is in your relationship with eating and the way you experience your body. Maybe a doctor has told you that you "have" bulimia nervosa. Maybe someone's referred to you as "a bulimic." Maybe you've just noticed that the people around you don't seem to agonize over their weight or their food like you do. Maybe you've tried to get over these problems, to just stop thinking about how you look or what you eat, and eat like a "normal person." Maybe you've got the sense that you'd better get over these struggles pretty soon—or else.

If the book in your hand were a typical psychology self-help book, we'd start by describing the symptoms of bulimia. We'd explain how it's different from "normal" eating and guess at how it got that way. After that, we'd tell you about different skills you could learn and practice to manage your eating better. We might advise eating moderate portions at regular intervals and give you tips on how to manage urges to overeat. We might instruct you to use relaxation exercises or self-talk or affirmations to relieve some of the stress you've been carrying. We'd offer this to try or that to try, all with the intention of helping you solve your problem with eating.

We feel that we should warn you now: This is not that book. As we go, we'll tell you a little about what mental health providers mean when they say "bulimia." And we'll tell you a little about how we think people get stuck. But when we get to the part on what to do about it, we're going to take you in a new and, we hope, better direction.

You see, most books and most doctors—most people for that matter—approach this struggle called "bulimia" as a problem that needs solving. The thing is, in our experience, solving problems is hard work, and it only works when the thing that's got you stuck actually is a problem.

"Of course it's a problem!" you might be thinking, "What else could it be?" It feels like a problem to you. It looks like one to the people around you. It sure hurts like a problem. But is bulimia a problem to be solved? The truth is, we don't know. We can't know for sure.

We would ask you this, however: Have you spent time figuring out how to quit fighting with your body? Maybe a lot of time? Have you put energy toward finding the perfect solution to your problem with eating? Maybe you've struggled to eat just enough without eating too much. Maybe you've tried to hurry up and lose enough weight so you could finally let go of this struggle. Maybe it feels like if you just struggled a little longer or a little harder, or had a little more willpower, a little more time, or a better diet, you could win this battle against your body.

Take a minute right in this moment to draw a long, deep breath and let the ways you've struggled rise up inside you. We're serious. Just stop reading and breathe for a moment. Make room for whatever comes up. Don't judge it; don't try to push it back down or away. Hold whatever happens lightly and with kindness.

Are you tired of this struggle? What has it cost you? What will you have to lose in order to let this go? Maybe you picked up this book because you think you have an eating problem that needs solving. Maybe you're hoping that buried in chapter 7 will be the one solution you've yet to think of. We invite you to think again about what this book might offer—this time, a little differently.

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