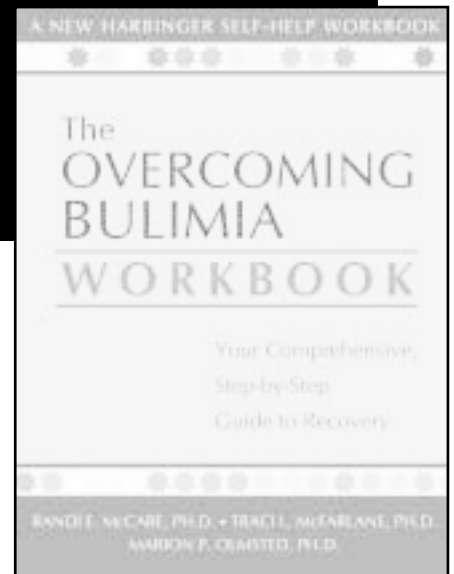


In 1979 Professor Gerald Russell was the first to identify the syndrome of bulimia nervosa. Here's what he has to say about *The Overcoming Bulimia Workbook*:

"...This book will succeed where others might fail because of its thorough, systematic approach, and its use of direct, jargon-free, and friendly language."



FOR IMMEDIATE RELEASE

Bulimia is a scourge of a disease. It ravages the body, imprisons the mind, and withers the spirit. Freedom from it is hard-won. The binge-purge cycle can be unyielding at first; relapse rates are high; and the emotional and physical demands of recovery can seem Herculean. The authors of *The Overcoming Bulimia Workbook* (January 2004) have witnessed this firsthand. They've all worked at the Toronto General Hospital Eating Disorders Programme, which is one of the premiere treatment centers for bulimia. Their strategy for overcoming bulimia grew out of their work there. In *The Overcoming Bulimia Workbook* they provide step-by-step help for breaking free of bulimia and developing healthy eating patterns. As important, they help readers shift their self-image from one that relies almost exclusively on weight to one that takes into account the totality of who they truly are.

The authors provide authoritative and compassionate guidance for:

- Shifting eating disordered thoughts and regulating eating patterns;
- Coping with stressful situations that can trigger a binge;
- Creating a recovery-friendly environment;
- Tackling underlying self-esteem and emotional issues that drive bulimia;
- Overcoming self-harming behaviors and addictions, which often accompany bulimia;
- Gaining body-acceptance;
- Communicating with and getting support from family and friends; and
- Developing mindfulness strategies that can ease anxiety and depression.

The Overcoming Bulimia Workbook offers the means of healing and a reason for hope to anyone whose life has been overrun by bulimia.

FOR MORE INFORMATION OR TO SCHEDULE AN INTERVIEW CONTACT:
Lorna Garano, 510-652-0215, X107, lorna@newharbinger.com

THE OVERCOMING BULIMIA WORKBOOK, 1-57224-326-0, (paper),
\$18.95, 225 pages, Published in January 2004 by New Harbinger Publications,
5674 Shattuck Ave., Oakland, CA 94609, www.newharbinger.com, 800-748-6273

SUGGESTED INTERVIEW QUESTIONS

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Lorna Garano, 510-652-0215, X107, lorna@newharbinger.com

1. What is the difference between an objective binge and a subjective binge?
2. What are the risk factors for developing bulimia and who is most likely to get it?
3. Why do you encourage those trying to heal from bulimia to keep a daily journal?
4. In chapter three you cite Key's study of starvation and Sims' study of overeating. What were the findings of these studies and what can we learn about bulimia from them?
5. What are some common "high risk" situations that tend to trigger bingeing in those with bulimia?
6. What are some ways of reconnecting with the body?
7. You say that those who struggle with bulimia are often prey to anxiety and depression as well. What are a few day-to-day techniques for managing the emotions associated with these conditions?
8. What does it mean to "act with mindfulness" and why is this important in healing?
9. What is the "washout phase" and how can those in recovery cope with it?
10. What do you suggest for creating a home environment that is conducive to healing?

ABOUT THE AUTHORS

Marion P. Olmsted, Ph.D., C.Psych., is the Director of Ambulatory Care for the world-renowned Eating Disorders Programme at the University Health Network, Toronto General Hospital. She is also a co-investigator and therapy supervisor on a National Institutes of Mental Health study for preventing relapse in anorexia nervosa.

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R A V E S

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“You will not feel alone as you embark on the road to recovery with this workbook. The authors understand how difficult it is to recover from bulimia, and they anticipate the questions and problems that you may have along the way. With wisdom and compassion, these authors provide accurate information and detailed exercises to help you be free of your eating disorder once and for all.”

~**Kathleen M. Pike, Ph.D.**, Department of Psychiatry, Columbia University, Eating Disorders Research Unit, New York State Psychiatric Hospital

“By encouraging bulimics to reach beyond the confines of their disorder, the authors help them grow and reach their full potential. Here are strategies to reduce disordered eating and the means to tackle the underlying emotional issues. This is more than a self-help book-it's an always-available guide, a confidante, a support system. I commend it.”

~**Professor J. Hubert Lacey**, Department of Mental Health, St. George's Hospital Medical School, University of London

“The authors have compiled an incredibly comprehensive, innovative, and superb self-help workbook for overcoming bulimia. What sets this book apart is its comprehensive approach to this disorder. It focuses not just on the symptoms of bulimia, but also on the problems often associated with this disorder, such as depression, anxiety, and substance abuse, as well as relationship difficulties. This workbook is an invaluable resource.”

~**Allen S. Kaplan, MD**, head of the Program for Eating Disorder, Toronto General Hospital, President Elect, Eating Disorders Research Society

“The authors have designed an innovative and easy-to-read workbook that incorporates the latest developments in cognitive behavioral therapies within a multifaceted approach to bulimia—an extremely useful resource for all who experience this serious disorder.”

~**Dr. Paul Garfinkel**, coeditor, *Handbook of Treatment for Eating Disorders*, President and CEO, Centre for Addiction and Mental Health, Toronto, Professor, Dept. of Psychiatry, University of Toronto

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