

One of the challenges of living with Irritable Bowel Syndrome (IBS) is coping with the way that stress triggers the illness. In this book, Dr. Bolen, a clinical psychologist, provides a comprehensive overview of IBS, describes its treatments, and helps readers establish healthy new eating habits. Using self monitoring forms and charts, sufferers learn to manage their symptoms, develop strategies to handle flare-ups, and deal with the anxiety and depression that often accompany this common disorder.

Ski Vacations: Travel Tips And Resort Reviews, Miracle on Beale Street, No Bake Chocolate Cheesecake: A Step-By-Step Photo Recipe Cookbook for Wickedly Decadent No-Bake Chocolate Cheesecake (You Can Always Make Desserts 2), Fashion Photographer (Fashion World), BabyCakes Covers the Classics: Gluten-Free Vegan Recipes from Donuts to Snickerdoodles,

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