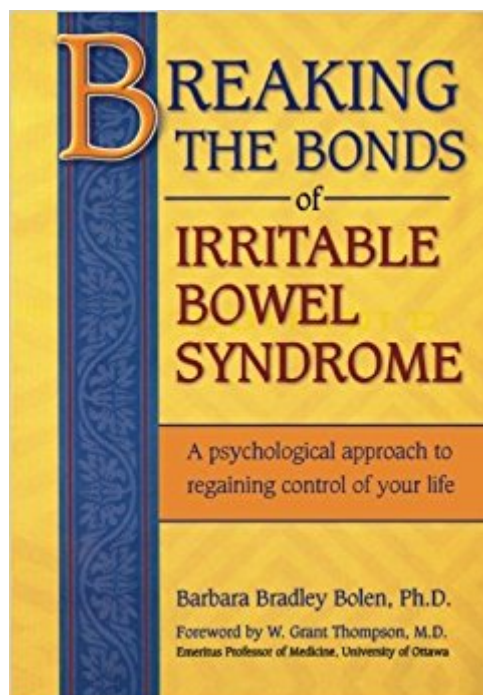




The book was found

# Breaking The Bonds Of Irritable Bowel Syndrome: A Psychological Approach To Regaining Control Of Your Life



## Synopsis

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.

## Book Information

Paperback: 180 pages

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Average Customer Review: 4.4 out of 5 stars 12 customer reviews

Best Sellers Rank: #633,755 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #319 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#)

## Customer Reviews

Dr. Bolen has over 20 years of experience in providing psychological services to individuals of all ages and has worked in both hospital and private practice settings. Since 2007, she has been the About.com Guide to Irritable Bowel Syndrome and is the co-author of the book IBS Chat: Real Life Stories and Solutions. She maintains a private practice on Long Island, New York.

thanks

After buying, reading and giving away many, many books on Irritable Bowel Syndrome, I was blessed to have found this one. No recipes in this one, this book makes clear the powerful correlation between IBS and anxiety, IBS and stress, IBS and depression, IBS and fear. After spending a week of increasingly severe pain accompanied by increased anxiety about the pain (or was it increasing pain about the anxiety?) and winding up in the local ER, I realized that I needed to

help myself by calming myself. This book tells how. In compassionate, orderly chapters, Barbara Bolen teaches how to truly "break the bonds of IBS." Hooray for her! Hooray for all of us!

I have IBS and read the book, sometimes this illness gets out of control. I have the book and refer to it when I am very sick. I am glade I bought it.

good

Full of very helpful information.

It has been helpful. Some of it yes some of it no.

IBS can be a horrible thing to suffer with and unfortunately a lot of books written on the subject can even be worse. In my search for books on IBS I found a lot of them written by doctors to be unsympathetic and confusing. That was until I found Barbara Bradley Bolen's book on IBS. Her book was written in a clear and friendly manner and it was a pleasure to read. Also, Bolen writing was very sympathetic to the disease of IBS. One of the things I liked so much about this book was the case studies that she put in. For example when she was talking about the importance of doing a self monitoring sheet to help spot patterns in your IBS she related what she was talking about to one of her patients. It was helpful because it makes you realize that you are not alone with dealing with IBS. She also has many different activities in her book that can help you spot patterns in your IBS, as well as activities to help you calm down, cope and relieve stress. This book was very helpful in understanding, dealing with, and hopefully reducing the symptoms of IBS. I recommend this book to those that are suffering from IBS and also those who know and love someone that has it and want to understand more about what it is really like. A great buy.

I really enjoyed this book because she makes everything very understandable. She also discusses the possible links between IBS and childhood abuse, stress, foods that irritate, etc. She states that studies have shown a link between depression (or stress related disorders) and IBS. She also gives practical advice on how to cope both mentally and physically. Some suggestions may be things you have heard before, but she puts it in such a way so you can really see the benefit of doing these, that outweighs the inconvenience. A good example is the food diary. Who wants to be bothered with doing that. I didn't...so I never have. But she makes good points as to why you should take a few

weeks out of your life to do something that would likely save you months or years of dealing with the symptoms and pains because you didn't do it. The read is light and interesting, unlike medical books tend to be. It was helpful to me, a sufferer of IBS as well as Chron's Disease.

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