



Reclaim Your Life from IBS: A Scientifically Proven Plan for Relief without Restrictive Diets

Melissa G. Hunt PhD

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A revolutionary approach to handling today's most prevalent gastrointestinal disorder.

IBS is often linked to stress, but the vast majority of treatments focus only on restrictive diets. By contrast, this book addresses the emotional component of the disorder through new research based in Cognitive Behavioral Therapy. It actually encourages people to change the way they think about the ailment and *stop* avoiding situations they fear might exacerbate their symptoms. Tested in a unique randomized controlled trial by the author—who is a clinical psychologist and scientist—this program, based on a solid scientific foundation, offers new hope for IBS sufferers hoping to reclaim their life.

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