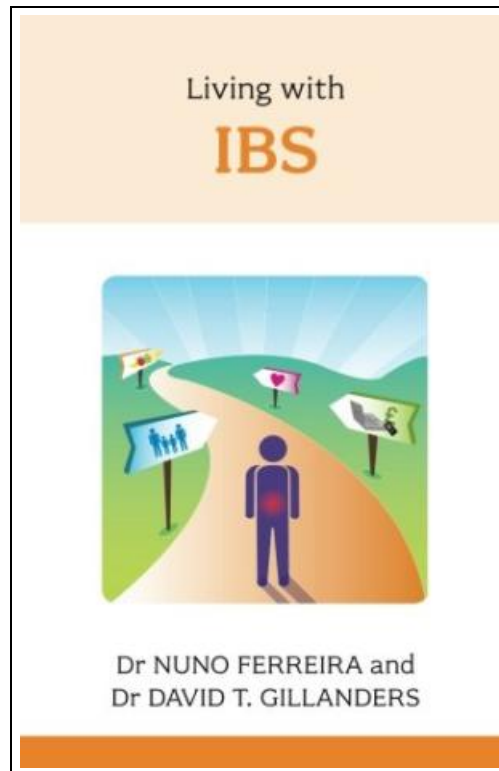


Living with IBS (Paperback)



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SPCK Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. If you have Irritable Bowel Syndrome (IBS), you re not alone - it affects up to 20 per cent of the population in the Western world. In fact, it is so widespread that some specialists have called it the common cold of the gastrointestinal illnesses . Medical treatments are only moderately effective, and many experts now agree that the focus should be on improving quality of life for people with this condition. Living With IBS uses the principles of Acceptance and Commitment Therapy (ACT) to help people overcome the distress associated with IBS and to live a more vital and fulfilling life.

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