



Understanding Irritable Bowel Syndrome (Understanding Illness & Health)

Simon Darnley, Barbara Millar

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Irritable Bowel Syndrome (IBS) is an extremely common disorder affecting around 20% of the population of Western.

Understanding Irritable Bowel Syndrome offers you a comprehensive, review of what is known about IBS and its treatment. Written in easy-to-understand language by an IBS expert, the book contains numerous examples and real-life quotes from sufferers. Simon Darnley not only provides you with strategies for coping with this condition physically, he also deals with the psychological aspects of IBS to help you cope better mentally with the problem.

- ? Written in an easy-to-understand fashion by an expert in the subject
- ? Contains numerous examples and real-life quotes from IBS sufferers
- ? An invaluable guide for anyone suffering from IBS

Simon Darnley is a cognitive behavioural therapist (CBT) and researcher with over fifteen years' experience. For seven years he was a tutor in CBT at the Institute of Psychiatry in London and has recently completed a large research trial using cognitive behavioural therapy for IBS. He is also a part-time magician and comedian.

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