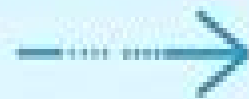


TIMELINE FROM **BINGEING** TO **WEIGHT LOSS**

PHASE 1: STOPPING BINGEING



PHASE 2: BINGE FREE STABILITY



PHASE 3: CREATE CALORIE DEFICIT

- Remove the physical drive to binge by eating regularly and adequately. Stop dieting.
- Manage urges and thoughts (detaching, over-evaluation of shape and weight, sabotaging thoughts)
- Manage environment (planning ahead for trouble periods, avoiding creating mayday scenarios, taking a break from avoidable triggers)

- Rehearse and cement coping skills over a period of at least 4 weeks
- Achieve weight stability
- And allow digestive and central nervous systems to heal from physical effects of binge eating

- Learn to feel body signals and use hunger and satiety
- Maximize satiety from food through meal sizing/timing and content.
- Incremental and sustainable changes are paramount to avoid re-triggering binge behavior

Binge Eating Treatment For Dummies The Most Effective Step

Sylvia C. McKean



Binge Eating Treatment For Dummies The Most Effective Step:

Overcoming Binge Eating For Dummies Jennie Kramer, Marjorie Nolan Cohn, 2013-08-28 Control binge eating and get on the path to recovery Overcoming Binge Eating for Dummies provides trusted information resources tools and activities to help you and your loved ones understand your binge eating and gain control over it Written with compassion and authority it uses stories and examples from the authors work with clients they ve helped to overcome this complicated disorder In Overcoming Binge Eating For Dummies you ll find information and insight on identifying the symptoms of binge eating disorder overcoming eating as an addiction ways to overcome the urge to binge how to institute a healthy eating pattern ways to deal with anxiety and emotional eating and much more Provides professional resources for seeking additional help for binge eating Includes advice on talking with loved ones about binge eating Offers tips and guidance to establish a safe and healthy recovery plan Overcoming Binge Eating For Dummies is for those currently suffering or recovering from BED as well as families and friends looking for a comprehensive and expert resource to this widespread but largely misunderstood disorder *Overcoming Binge Eating* Christopher G. Fairburn, 2013-07-11 This trusted bestseller provides all the information needed to understand binge eating and bring it under control whether you are working with a therapist or on your own Clear step by step guidelines show you how to Overcome the urge to binge Gain control over what and when you eat Break free of strict dieting and other habits that may contribute to binges Establish stable healthy eating patterns Improve your body image and reduce the risk of relapse This fully updated second edition incorporates important advances in the understanding and treatment of eating disorders It features expanded coverage of body image issues and enhanced strategies for achieving and maintaining a transformed relationship with food and your body Association for Behavioral and Cognitive Therapies ABCT Self Help Book of Merit International Record of Medicine and General Practice Clinics Frank Pierce Foster, 1907 Principles and Practice of Hospital Medicine Sylvia C. McKean, 2012-04-19 The definitive guide to the knowledge and skills necessary to practice Hospital Medicine Presented in full color and enhanced by more than 700 illustrations this authoritative text provides a background in all the important clinical organizational and administrative areas now required for the practice of hospital medicine The goal of the book is provide trainees junior and senior clinicians and other professionals with a comprehensive resource that they can use to improve care processes and performance in the hospitals that serve their communities Each chapter opens with boxed Key Clinical Questions that are addressed in the text and hundreds of tables encapsulate important information Case studies demonstrate how to apply the concepts covered in the text directly to the hospitalized patient Principles and Practice of Hospital Medicine is divided into six parts Systems of Care Introduces key issues in Hospital Medicine patient safety quality improvement leadership and practice management professionalism and medical ethics medical legal issues and risk management teaching and development Medical Consultation and Co Management Reviews core tenets of medical consultation preoperative assessment and management of

post operative medical problems Clinical Problem Solving in Hospital Medicine Introduces principles of evidence based medicine quality of evidence interpretation of diagnostic tests systemic reviews and meta analysis and knowledge translations to clinical practice Approach to the Patient at the Bedside Details the diagnosis testing and initial management of common complaints that may either precipitate admission or arise during hospitalization Hospitalist Skills Covers the interpretation of common low tech tests that are routinely accessible on admission how to optimize the use of radiology services and the standardization of the execution of procedures routinely performed by some hospitalists Clinical Conditions Reflects the expanding scope of Hospital Medicine by including sections of Emergency Medicine Critical Care Geriatrics Neurology Palliative Care Pregnancy Psychiatry and Addiction and Wartime Medicine New York Medical Journal ,1907

New York Medical Journal, and Philadelphia Medical Journal ,1907 The People's Mouthpiece ,1987

Handbook Eating Disorders Kelly D. Brownell,John Paul Foreyt,1986-07-20 The foremost researchers and clinicians in the field provide comprehensive coverage of anorexia bulimia and obesity The Handbook of Addiction Treatment for Women Shulamith Lala Ashenberg Straussner,Stephanie Brown,2001-01-18 Providing essential theoretical and practical guidelines for clinicians educators policymakers and public health professionals The Handbook of Addiction Treatment for Women is a comprehensive resource of the most current research and knowledge from recognized experts in the field of addiction and treatment This much needed guide offers an historical context on the issue of women and addiction examines the myriad challenges of the female addict and includes recommendations for choosing a course of treatment that will meet the specific needs of an individual woman addict Handbook of Aggressive and Destructive Behavior in Psychiatric Patients Michel Hersen,Robert T. Ammerman,Lori A. Sisson,1994 A comprehensive handbook that contains 28 chapters organized into five sections Part I focuses on theoretical perspectives and includes biological physiological ethological sociological social psychological psychoanalytic and humanistic points of view Part II considers such general issues as

Management of Mental Disorders ,2000 *Handbook of Adolescent Psychology* Michel Hersen,1987 Abstract This book endeavors to present a balanced perspective on adolescent psychology by examining the data from a variety of theoretical frameworks and by including the input from many disciplines Topics include historical perspectives of adolescence frameworks for critical questions an examination of general issues such as physical development and maturation social interactions and adjustment sexuality family and environment morals and values and intellectual growth pathological conditions originating in adolescence and special topics such as cross cultural perspectives the disabled adolescent adolescent pregnancy and marriage educational influences and career planning **Behavioural and Cognitive Psychotherapy** ,1993 The Best of Behaviour Research and Therapy Stanley Rachman,Hans Jurgen Eysenck,1997-10-09 The first issue of Behaviour Research and Therapy BRAT appeared in 1962 This collection of outstanding articles from the journal defining the development of behaviour therapy since the journal s launch has been put together to celebrate thirty

five years of publication The selections cover three main areas Theory Methods and Treatment Articles that were topical ten or twenty years ago but have been superseded by new collections of facts were not chosen Hence the many articles on the treatment of phobias were omitted as were treatment outcome trials that are without historical interest and ideas methods that failed e g aversion therapy Instead six papers on theory are included Professor Eysenck s statement of his theory of neurosis Clark s heavily quoted landmark paper on the cognitive theory of panic the correspondingly important paper on OCD by Salkovskis Teasdale on depression Philips on a cognitive view of pain and a model of emotional processing From a wide range of papers on method two stand out because of their widespread adoption in modified forms Freund s plethysmographic method and Velten s mood induction technique On the treatment side preference has been given to innovative techniques such as Vic Meyer s treatment of OCD Fordyce on pain control Azrin on habit reversal Turk on cancer pain and new approaches to the treatment of bulimia and of bereavement

Spiritual Approaches in the Treatment of Women with Eating Disorders P. Scott Richards,Randy K. Hardman,Michael E. Berrett,2007 Drawing on their many years of clinical experience the authors show how a theistic perspective of healing and change can enrich therapies currently in practice for eating disorders including individual group and family therapy as well as 12 step programs They propose an agenda for future research focusing on measures and research designs that will help investigators study the etiology of eating disorders as well as treatment outcomes as they relate to clients public and private devotion and expressions of spirituality

BOOK JACKET Shorter Oxford Textbook of Psychiatry Michael G. Gelder,Philip Cowen,Paul J. Harrison,2006 This title includes the following features The latest edition of the standard text for psychiatric trainees consistently praised by readers and in reviews as one of the best examples of the genre The balanced and humane approach is complemented by invaluable clinical tips drawn from the vast experience of the author team Using both DSM and ICD classifications and written from a broad perspective it has international appeal Written with authority and insight this edition has been comprehensively updated and redesigned and includes all the information needed by trainees for membership exams and in their future careers

American Psychiatric Association Practice Guidelines for the Treatment of Psychiatric Disorders American Psychiatric Association,2004 Practice Guidelines provide a comprehensive synthesis of available information relevant to the clinical topic This volume collects in one place eleven of the APA s published Practice Guidelines Includes helpful introductory material and a cumulative index

Journal of the American Dietetic Association ,2001

Case Files Psychiatry, Sixth Edition Eugene C. Toy,Debra L. Klamen,2020-09-22 Realistic patient cases help sharpen your clinical decision making skills The 60 cases in Case Files Psychiatry feature realistic clinical scenarios designed to help you enhance and hone your clinical decision making skills Each case includes an easy to understand discussion correlated to key concepts definitions of key terms clinical pearls and Board style review questions to reinforce learning The format allows you to review a patient vignette and then explore examine the case in a contextual application based manner The book is

ideal for both quick access and slow and careful study

Health; Devoted to the Cause and Cure of Disease ,1916

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Binge Eating Treatment For Dummies The Most Effective Step** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

<https://new.webyeshiva.org/results/browse/default.aspx/Network%20Programming%20Mca%20Lab%20Manual.pdf>

Table of Contents Binge Eating Treatment For Dummies The Most Effective Step

1. Understanding the eBook Binge Eating Treatment For Dummies The Most Effective Step
 - The Rise of Digital Reading Binge Eating Treatment For Dummies The Most Effective Step
 - Advantages of eBooks Over Traditional Books
2. Identifying Binge Eating Treatment For Dummies The Most Effective Step
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Binge Eating Treatment For Dummies The Most Effective Step
 - User-Friendly Interface
4. Exploring eBook Recommendations from Binge Eating Treatment For Dummies The Most Effective Step
 - Personalized Recommendations
 - Binge Eating Treatment For Dummies The Most Effective Step User Reviews and Ratings
 - Binge Eating Treatment For Dummies The Most Effective Step and Bestseller Lists
5. Accessing Binge Eating Treatment For Dummies The Most Effective Step Free and Paid eBooks
 - Binge Eating Treatment For Dummies The Most Effective Step Public Domain eBooks
 - Binge Eating Treatment For Dummies The Most Effective Step eBook Subscription Services
 - Binge Eating Treatment For Dummies The Most Effective Step Budget-Friendly Options

6. Navigating Binge Eating Treatment For Dummies The Most Effective Step eBook Formats
 - ePub, PDF, MOBI, and More
 - Binge Eating Treatment For Dummies The Most Effective Step Compatibility with Devices
 - Binge Eating Treatment For Dummies The Most Effective Step Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Binge Eating Treatment For Dummies The Most Effective Step
 - Highlighting and Note-Taking Binge Eating Treatment For Dummies The Most Effective Step
 - Interactive Elements Binge Eating Treatment For Dummies The Most Effective Step
8. Staying Engaged with Binge Eating Treatment For Dummies The Most Effective Step
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Binge Eating Treatment For Dummies The Most Effective Step
9. Balancing eBooks and Physical Books Binge Eating Treatment For Dummies The Most Effective Step
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Binge Eating Treatment For Dummies The Most Effective Step
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Binge Eating Treatment For Dummies The Most Effective Step
 - Setting Reading Goals Binge Eating Treatment For Dummies The Most Effective Step
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Binge Eating Treatment For Dummies The Most Effective Step
 - Fact-Checking eBook Content of Binge Eating Treatment For Dummies The Most Effective Step
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

Binge Eating Treatment For Dummies The Most Effective Step Introduction

In the digital age, access to information has become easier than ever before. The ability to download Binge Eating Treatment For Dummies The Most Effective Step has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Binge Eating Treatment For Dummies The Most Effective Step has opened up a world of possibilities. Downloading Binge Eating Treatment For Dummies The Most Effective Step provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Binge Eating Treatment For Dummies The Most Effective Step has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Binge Eating Treatment For Dummies The Most Effective Step. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Binge Eating Treatment For Dummies The Most Effective Step. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Binge Eating Treatment For Dummies The Most Effective Step, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Binge Eating Treatment For Dummies The Most Effective Step has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is

crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Binge Eating Treatment For Dummies The Most Effective Step Books

1. Where can I buy Binge Eating Treatment For Dummies The Most Effective Step books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Binge Eating Treatment For Dummies The Most Effective Step book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Binge Eating Treatment For Dummies The Most Effective Step books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
7. What are Binge Eating Treatment For Dummies The Most Effective Step audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.

Binge Eating Treatment For Dummies The Most Effective Step

9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
10. Can I read Binge Eating Treatment For Dummies The Most Effective Step books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Binge Eating Treatment For Dummies The Most Effective Step :

network programming mca lab manual

biology higher past papers aqa

nissan frontier d22 service repair workshop manual 2004

accounting practice sales dallas texas

peugeot 405 service and repair manual rar

user manual suzuki ignis

quizlet anatomy and physiology chapter 3

navig8r gps35 manual

metes and bounds

saturn service engine soon light flashing

behind the glass howard massey

~~hidden keys to software breakins and unauthorized entry~~

~~quizlet biology chapter 18~~

2002 honda 25 hp 4 stroke manual

ags united states history workbook answer key

Binge Eating Treatment For Dummies The Most Effective Step :

Payroll Accounting 2014 (with Computerized ... Amazon.com: Payroll Accounting 2014 (with Computerized Payroll Accounting Software CD-ROM): 9781285437064: Bieg, Bernard J., Toland, Judith: Books. CengageNOW for Bieg/Toland's Payroll Accounting 2014 ... CengageNOW for Bieg/Toland's Payroll Accounting 2014, 24th Edition ; Sold by. Amazon.com Services LLC ; Payment. Secure transaction ; Language: English ; Date First ... Payroll Accounting 2014 (with Computerized ... Bieg, Bernard J.; Toland, Judith ... Prepare for career success with first-hand experience in calculating payroll, completing

payroll taxes, and preparing payroll ... Payroll Accounting 2014 CH 3-Bieg- Toland Flashcards This form shows the total FICA wages paid and the total FICA taxes both employee and employer contributions and the federal income taxes withheld.

Payroll Accounting book by Bernard J. Bieg This number-one selling Payroll Accounting text/workbook illustrates the calculation of payroll, payroll taxes, and the preparation of records and reports ... Payroll Accounting 2014 - Bernard Bieg, Judith Toland Nov 1, 2013 — Gain the first-hand experience and complete background you need for success in calculating payroll, completing payroll taxes, and preparing ... PAYROLL ACCOUNTING 2014 By Bernard J Bieg PAYROLL ACCOUNTING 2014 By Bernard J Bieg. ~ Quick Free Delivery in 2-14 days. 100 ... Toland. Publisher. Course Technology. Genre. Business & Economics. Topic. Payroll Accounting 2014 (with Computerized ... The 2014 edition of Bieg/Toland's market-leading text addresses all of the latest laws on payroll. The text focuses on applications rather than theory, and ... Chapter 6 Exam - 2014 PAYROLL ACCOUNTING edition ... View Test prep - Chapter 6 Exam from BBA 1233 at Kasetsart University. 2014 PAYROLL ACCOUNTING edition Bieg/Toland Section ADIRECTIONS: Each of the ... Payroll Accounting 2024, 34th Edition - 9780357901052 Introduce your students to the concepts and skills needed to understand and calculate payroll, complete payroll taxes and prepare payroll records and reports ... The Crowthers of Bankdam The Crowthers of Bankdam is a 1940 historical novel by the British writer Thomas Armstrong. His debut novel, it is a family saga following the fortunes of ... The Crowthers of Bankdam THE story of three generations of a family of mill owners in the West Riding of Yorkshire, between 1854 and 1921, told with Victorian fullness, leisureliness, ... The Crowthers of Bankdam by Thomas Armstrong Read 9 reviews from the world's largest community for readers. The Crowthers of Bankdam is the story of a great Yorkshire wool-trade family, as fascinating... The Crowthers of Bankdam: Armstrong, Thomas A wonderful old novel which combines a captivating story about the fictional Crowther family with a vivid description of life in 19th century Yorkshire, England ... The Crowthers of Bankdam: Armstrong, Thomas. A wonderful old novel which combines a captivating story about the fictional Crowther family with a vivid description of life in 19th century Yorkshire, England ... The Crowthers of Bankdam by Armstrong, Thomas 1st Edition. - Hardcover - The Macmillan Company, New York - 1941 - Condition: Near Fine - Near Fine - 8vo. First edition. 623 p.p. Black cloth boards with ... The Crowthers of Bankdam by ARMSTRONG, Thomas Collins - 1940 - 1st edition. Very light foxing on page edges and endpapers; otherwise a tidy copy in tight binding. Green cloth a bit faded on spine with ... The Crowthers of Bankdam | Thomas Armstrong | 1st Edition The Crowthers of Bankdam ... First edition. 623 p.p. Black cloth boards with silver lettering to spine. Spine ends bumped, else fine. Dust jacket is price clipped ... 1947 The Crowthers of Bankdam Thomas Armstrong We travel constantly from the Florida Keys to the mountains of Eastern Kentucky searching for the odd and unusual. We work with a team of pickers that are ... The Crowthers of Bankdam - by Armstrong, Thomas 1st Edition. Hardcover. Near Fine/Near Fine. 8vo. First edition. 623 p.p. Black cloth boards with silver lettering to spine. Spine ends bumped, else fine. Dust ... Marketing Estrategico - 3b: Edicion (Spanish Edition) Marketing

Binge Eating Treatment For Dummies The Most Effective Step

Estrategico - 3b: Edicion (Spanish Edition) ; US\$16.99 ; Seguridad del juguete. Nuestra edad recomendada: ; Idioma, Español ; ISBN-10, 8448116119 ; ISBN- ... Marketing estratégico y operativo (Spanish Edition) ... McGraw-Hill Interamericana Editores S.A. de C.V.; 2nd edición (11 Mayo 2009). Idioma, Español. Tapa blanda, 620 páginas. ISBN-10, 970106710X. ISBN-13, 978 ... Marketing Estrategico Lambin McGraw Hill 3ra Edicion Pdf Page 1. Marketing Estrategico Lambin McGraw Hill 3ra. Edicion Pdf. INTRODUCTION Marketing Estrategico Lambin McGraw Hill. 3ra Edicion Pdf [PDF] marketing estrategico. 3 edicion MARKETING ESTRATEGICO. 3 EDICION. LAMBIN, JEAN JACQUES. 45,95 €. IVA incluido. No disponible Pregúntanos antes de pagar. Editorial: MCGRAW-HILL; Materia ... Libro-Marketing-Estrategico-lambin-jean-jacques MARKETING ESTRATÉGICO -OBJETIVO.-un análisis sistemático y permanente de las necesidades del mercado y el desarrollo de conceptos de productos rentables ... Marketing Estrategico Lambin McGraw Hill 3ra Edicion Diagnóstico del marketing del producto Golf en la instalación ... - Gestipolis. Planificación Estratégica de Marketing para un negocio - Gestipolis. MARKETING ESTRATEGICO 3ª ED - JEAN JACQUES ... Jean Jacques Lambin. Editorial, McGraw-Hill Interamericana de España S.L.. Edición, 1. ed.(01/07/1995). Páginas, 608. Dimensiones, 24x17 cm. Idioma, Español. MARKETING ESTRATEGICO | JEAN JACQUES LAMBIN Sinopsis de MARKETING ESTRATEGICO ; Encuadernación: Tapa blanda ; ISBN: 9788473563529 ; Año de edición: 2003 ; Plaza de edición: ESPAÑA ; Fecha de lanzamiento: 07/10 ... Marketing estratégico Madrid: McGraw-Hill, 1995; Edición: 3a. ed. Notas: -- Edición traducida por Salvador Miquel y Antonio Carlos Cuenca. Revisado por Jaime Rivera y Nora Lado ...