

# Master Your IBS

An 8-Week Plan to Control the  
Symptoms of Irritable Bowel Syndrome



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\$16.95

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Are you struggling with the symptoms of irritable bowel syndrome?

If pain, diarrhea, or constipation is running your life, follow in the steps of hundreds of study participants and learn to take charge. **Master Your IBS** is an 8-week program based on a long-term research study conducted at the University of Washington School of Nursing. What have study participants said about their lives after the program?

“I still have IBS, but it is no longer the center of my life.”

“Abdominal breathing is the most useful strategy I have in managing my IBS.”

“I’m amazed that I have almost no IBS symptoms. It is so much easier to deal with life when I feel well.”

IBS is a condition of the hypersensitive gut, and there is no cure. **Master Your IBS** will show you how to reduce the severity and frequency of your IBS symptoms—without special diets, drugs, or equipment. Instead, simple skill-building exercises will help you focus on awareness of your diet and trigger foods, relaxation techniques, and healthy thought patterns. You’ll learn specific symptom tracking strategies, using the journals and worksheets included in the book. You will be encouraged to practice each strategy, evaluate its effectiveness for you, and then create your own unique plan that works to support you in managing your symptoms.

Like study participants, your symptoms may occur less frequently and with less intensity, and you may find yourself handling the frustration and discomfort of IBS more easily. Whether the impact of your IBS is disabling or mild, **Master Your IBS** can help you achieve greater freedom from IBS!



Photo: Gavin W Sisk, UW Creative.

All five authors work at the University of Washington, Seattle, where for over 20 years they have helped hundreds of IBS patients develop personalized treatment plans to effectively manage symptoms. *Left to right: **Monica Jarrett, PhD, RN**, professor in the Department of Biobehavioral Nursing and Health Systems; **Rona L. Levy, MSW, PhD, MPH, FAGC, AGAF**, psychologist and social worker; **Margaret Heitkemper, PhD, RN, FAAN**, the principal investigator of the National Institutes of Health–National Institute of Nursing Research study from which this program was developed; **Pamela Weisman, MN, ARNP**, adult psychiatric nurse practitioner; and **Pamela Barney, MN, ARNP**, adult psychiatric nurse practitioner.*



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