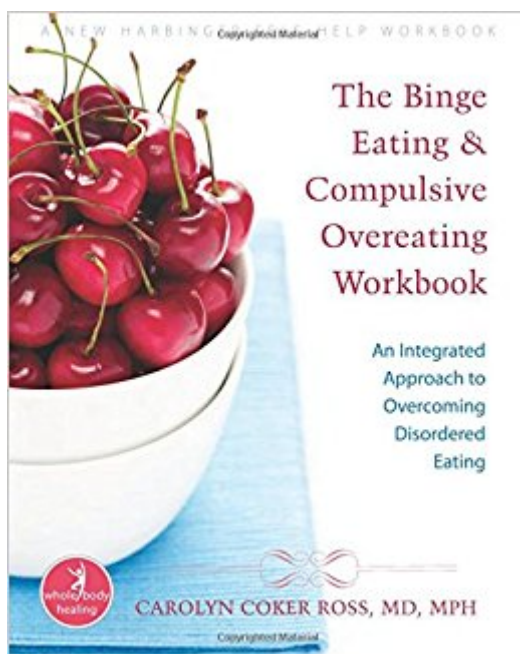


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# The Binge Eating And Compulsive Overeating Workbook: An Integrated Approach To Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)



## Synopsis

Some people use food to calm themselves when they feel overwhelmed. Others find it difficult to discern between eating out of hunger and eating out of habit. There are nearly as many reasons why people overeat as there are reasons to stop. While overeating can often bring comfort in the short term, it can lead to feelings of guilt later on. If you feel like you're caught in a cycle of unhealthy eating that you can't stop, this workbook can help you overcome it. In *The Binge Eating and Compulsive Overeating Workbook*, you'll learn skills and nutrition guidelines recommended by doctors and therapists for healthy eating and how to quell the often overpowering urge to overeat. Using a variety of practices drawn from complementary and alternative medicine, you'll replace unhealthy habits with nourishing rewards and relaxation practices. This potent combination of therapies will help you end your dependence on overeating as a way to cope with unpleasant feelings and shows you how to develop new strategies for a healthier lifestyle. This workbook will help you:

- Identify the trigger foods and feelings that spur you to binge or overeat
- Determine how stress, depression, and anxiety may be affecting your eating
- Calm yourself in stressful times with nourishing self-care practices
- Learn to appreciate and accept your body

## Book Information

Series: The New Harbinger Whole-Body Healing Series

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## Customer Reviews

"Dr. Carolyn Ross's workbook is a breath of fresh air! Jam-packed with cutting edge information, *The Binge Eating and Compulsive Overeating Workbook* helps readers find freedom and health in our weight-obsessed culture. By shedding light on the truth about recovering from

binge-eating disorder and compulsive overeating, this book promises to make a real difference in people's lives." •Jenni Schaefer, author of *Life Without Ed and Goodbye Ed, Hello Me*"Dr. Ross's holistic explanation of binge eating and obesity can change our views of dieting forever. She has lectured to medical and professional audiences about changing our country's dieting mentality. Her wisdom about healing the relationship with food, weight, and body image is presented in a way that finally makes sense. This book can make a difference that can last a lifetime." •Rebecca Cooper, MA, CCH, CEDS, author of *Diets Don't Work* and founder of Rebecca's House Eating Disorder Treatment Programs"This is the best practical information I've seen on managing eating disorders. Dr. Carolyn Coker Ross's sound advice can help the many people trapped in destructive relationships to food regain control of their lives and health." •Andrew Weil, MD, integrative medicine pioneer and author of *Eight Weeks to Optimum Health and Healthy Aging*

The *Binge Eating and Compulsive Overeating Workbook* offers a comprehensive recovery program for people with binge eating disorder and other overeating disorders. Readers will learn to use proven complementary and alternative medicine therapies to develop a healthy relationship to food and eating.

This book was purchased for a teen who binges but is very underweight. I quickly learned that the content was inappropriate for her situation because it speaks to adult women with obesity issues.

I have struggled with compulsive overeating all my life. As a computer programmer, I have lived most of my life in my head. This is the first source of information I have ever run into that describes in very basic yet not patronizing terms, how to start living in your body and listening to its messages. It helps the reader identify their triggers and provides many suggestions for dealing with those triggers in ways other than turning to food. It also provides easy-to-understand nutritional information. I found this book much more helpful than attending OverEaters Anonymous. I would recommend this to anyone who wants a logical methodology for working with their food bad habits.

Good book, it's very detailed and helps me understand why I binge eat, it's a good, informed read and I'd recommend it to anyone

Item as described. Fast delivery. Pleasure to do business with. Highly recommend.

I enjoy more knowledge of my issues on binge eating .This book is very intuitive and helpful to understand that binge eating is a serious issue mentally as well as physically

This is a fairly good workbook, but I find myself skipping a lot of the questions because they don't seem to fit my situation. I'm enjoying what the workbook has to say for the most part.

This book is life changing. It is so well rounded in helping your recovery. The exercises really make you think and can be challenging at times. It makes you really dig deep. I would recommend using this in conjunction with a therapist. There is so much great information and its presented in a way that isn't scary or overwhelming. Excellent book.

This is a cognitive behavioral therapy workbook to help stop BED. It's good and there is great stuff on body image which I look and need. But I do like some sustenance and some chattiness, this is more like a how to book.

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