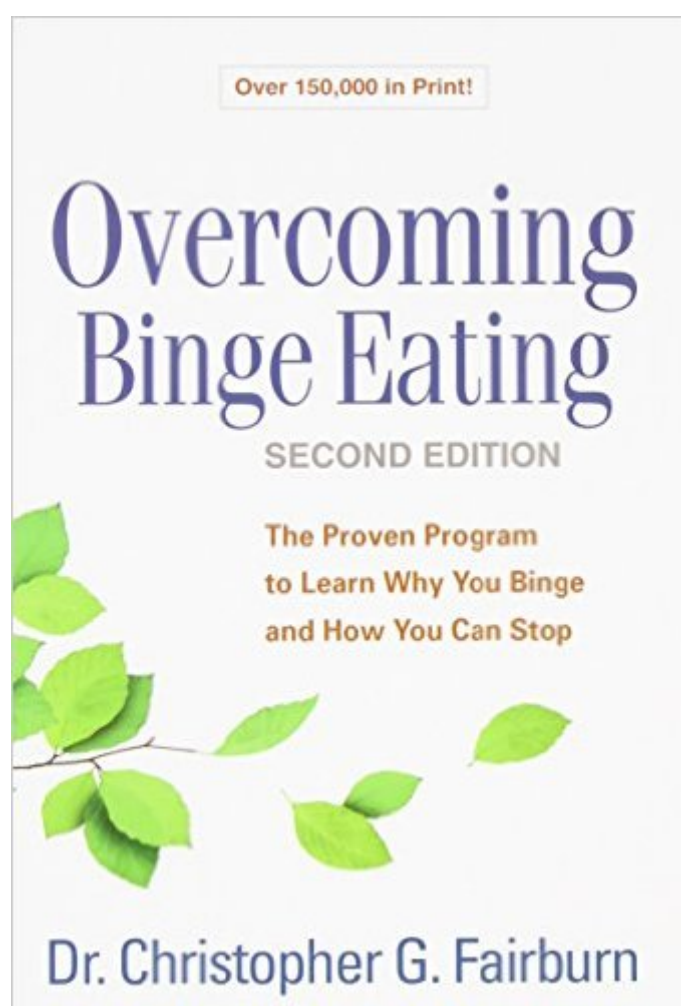


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# Overcoming Binge Eating, Second Edition: The Proven Program To Learn Why You Binge And How You Can Stop



## Synopsis

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

## Book Information

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## Customer Reviews

This book was recommended to me by my psychiatrist, head of a hospital eating disorder program, for a potential diagnosis of Binge Eating Disorder. This is a very credible, step-by-step plan. It just didn't suit me. That said, I took copious notes I'll share with you to give an idea of the contents: Fairburn states weight loss diets are designed to create an energy imbalance. They are not designed to be used for the long-term as they do not match our nutritional needs. There is no one healthy diet and you don't have to eat perfectly to be perfectly healthy. A healthy diet involves eating a wide variety of foods. There are three main differences between binge eating and substance abuse: (1) Binge eating does not involve the consumption of a particular class of foods. (2) Those who binge eat have a drive to avoid the behaviour. (3) Those who binge eat fear

engaging in the behaviour. 12 step approach: The disorder is an illness for which there is no cure. Immediate abstinence is paramount. A major strategy for achieving abstinence is an additional form of abstinence: the total lifelong avoidance of the toxic foods that trigger binge eating. One is either in control or out of control; foods are safe or toxic; one is abstinent or not. CBT approach: Recovery is well within the reach of most people. Emphasis on the immediate cessation of binge eating is neither reasonable nor realistic, heartless. It may take them weeks or months to get to this point. Food avoidance should be eliminated, not encouraged. Black and white thinking is a problem that needs to be addressed.

I have just finished reading this book and I have mixed feelings about it. The first half of the book is understanding different types of eating disorders - you may find that you have thoughts and feelings that relate to anorexia, bulimia and binge eat disorder. At first I was thinking what category do I fall into? But I am atypical ( a mixture of all of them) so the book is good to help you understand the many elements of eating disorders. The lightbulb moment for me was realising the cycle of binge eating and how the purging and dieting actually physiologically and psychologically set you up to binge, the book explains why. I guess it may put people off the parts that are irrelevant to them (if they don't vomit, purge or use laxatives) as you will spend probably about a quarter of your time reading the book about these issues that do not apply to you. Another lightbulb question reading the book led me to was "who am I trying to be thin for?". The book is not about losing weight, calorie counting or exercise. The second half of the book is a program that you can work through with a counsellor or it even suggests family or friend OR you can do it by yourself. It is basically a program of monitoring what and when you eat, how you feel, what do YOU count as a binge or a proper meal, what foods do you avoid. The program build up week by week monitoring and reviewing more and more habits, thoughts and events. It instructs you to certain mealtimes with snacks and supper, weighing in once a week - it also has example diaries including thoughts, events and feeling of other people who have eating disorders (good because you can see you are not alone in the way you think and eat ..and suffer!).

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