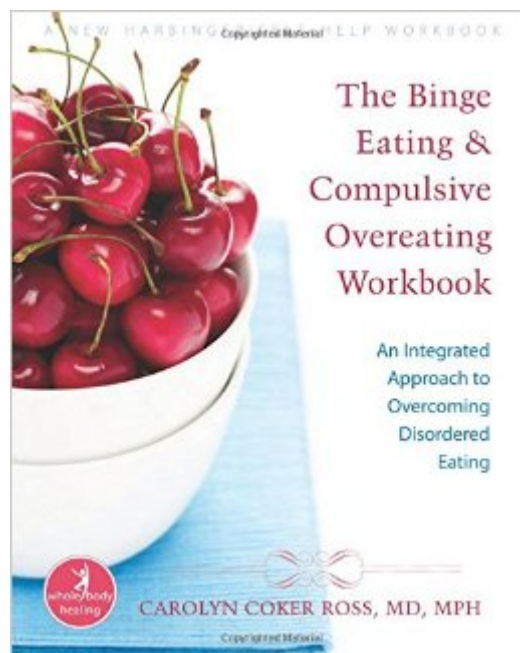


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# The Binge Eating And Compulsive Overeating Workbook: An Integrated Approach To Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)



## 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

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## Customer Reviews

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.

Carolyn Ross' book is exceptional in its clarity and usefulness. For anyone who has habitually looked for outside help with eating disorders, this workbook is an important step in discovering the need to search within and the rewards from doing so! Written in plain language, Dr. Ross' book takes the reader through a series of exercises intended to change unhealthy behavior and begin the healing process. The introduction defines binge eating disorder and compulsive overeating so that BED and CO are easy to recognize. The chapter on nutrition basics is a straightforward introduction to what each of us should know about the foods we choose to put in our body. Each succeeding chapter provides thoughtful activities intended to bring the reader along the path to better nutritional - and emotional - health. Then, the concluding chapter lays out the five steps to continue the path. Well done.

As Director of The New York Center for Eating Disorders and book reviewer for EDReferral.com, I can highly recommend Dr. Ross' book. In this workbook, Dr. Carolyn Ross adds a unique voice to the field of eating disorders. She is a physician, a graduate of Andrew Weil's integrative medicine program, a consultant to several eating disorder programs, and board-certified in addiction medicine. Dr. Ross specializes in a holistic approach which embraces the comprehensive healing of the client's body, mind, and spirit. In her book she explains the curative role of macro and micro nutrients, vitamins, and dietary supplements; explores the role of complementary medicine such as acupuncture, massage, and yoga; discusses the value of various types of psychological help such as interpersonal, Dialectic Behavioral Therapy, and CBT therapies as well as the role of medication. Self-rating scales throughout the workbook help the reader identify their personal roadblocks to recovery, and she provides strategies to work through them. "Ultimately," she writes, "the healing process is about getting back to your true self, the self that expresses the deeper urges of your soul. Your soul self is the anchor that sustains you in recovery." The importance of cultivating your "soul self" resonated for me as so many of my patients in recovery from their overeating discuss their "false" selves and describe how they fake their feelings in order to get along in their relationships. I gently explain that it takes a lot of calories to stuff down your real self and fake your way through life! Readers of this workbook will learn how to design their own personal stress management plan.

Dr. Ross wisely recommends, "In all things, choose the thought or action that makes you feel the most whole." This valuable workbook will show you how.

This is a great workbook and very helpful for those struggling with binge eating or compulsive eating. The book really helps you get to the root of your issue with food and gives you steps to move forward.

I do have the problem of overeating. Especially late in the evening. So when I saw the books I thought that it might be something for me. So far I read about half to the book and I like it. I don't know how long I can keep it but since last Tuesday (five days) I stopped my late night eating. As a result I also sleep much better -- don't need to drink at night and get up a few times to go to the toilet. Last night I slept 7.5 hours without even waking up once. That might not be the authors purpose of writing the book but this is the positive side effect that resulted from my reading eat. The other book that also helped me with my problem is Can We Live 160. The author devotes one whole chapter to the bad habits that lead people to obesity.

Upon first downloading this book I did know what to expect, nor did I have high hopes. I have struggled on and off with eating disorders since I was a child, but didn't recognise the cycle - which progressively got worse over the years. From the first chapter I was hooked; I wanted to know more about why I had such a dependence on food and how to turn my life around. Carolyn Ross explained exactly how to do that, with each chapter focusing on and exploring a different element while building a journey to self-discovery and healing. Backed with research and many points of reference, this book is not only extremely credible but is also clear, concise and can be read page by page or all at once. The exercises are easy to follow [and insightful to behavioural issues], and this book really goes above and beyond in hitting the nail on the head. I will be keeping this book as a reference for years to come! Its practical wisdom is simple but extremely profound. This isn't a book which will fix you - the hard work is yours to put in. But the great part is that Ross guides you [the reader] and leads you to find the strength within to overcome the battle you're facing. It's all about identifying the knowledge and tools that you already have and implementing them in new ways to get through your eating disorder. I'll definitely be reading other writings from this author. :)

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