



# Overcoming Binge Eating, First Edition

*Christopher Fairburn*

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## **Overcoming Binge Eating, First Edition** Christopher Fairburn

Written by Dr. Christopher Fairburn, an international expert on eating disorders, this unique book provides clinicians, sufferers, and interested others with an authoritative and accessible account on binge eating problems.

*Overcoming Binge Eating* provides all the information needed to understand the problem and bring it under control. Dispelling many of the myths associated with binge eating, Part One provides a comprehensive and up-to-date account of current knowledge about binge eating problems. Chapters address such issues as:

- \* Who binges and why
- \* How binge eating differs from everyday overeating
- \* Whether binge eating is an addiction
- \* How binge eating affects people emotionally and physically
- \* Ways those who binge can gain control

Part Two of the book is a new self-help program based on the most effective strategies for binge eating problems. Designed to be used on its own or in conjunction with therapy, the program provides step-by-step guidance for:

- \* Overcoming the urge to binge
- \* Gaining control of eating behavior
- \* Reducing the risk of relapse
- \* Establishing stable, healthy eating habits

Presenting the most up-to-date information, as well as an effective program for treating those who binge eat, this book will be used by clinicians both as a comprehensive reference and as recommended reading for clients. Offering inspiration and insight, this book will help your clients empower themselves to deal with their binge eating problems, as well as the shame and isolation that characterize them.

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A lot of people always spent their very own free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity here is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent all day long to reading a publication. The book Overcoming Binge Eating, First Edition it is quite good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. Should you did not have enough space bringing this book you can buy the particular e-book. You can m0ore very easily to read this book out of your smart phone. The price is not very costly but this book possesses high quality.

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