



The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder

By Kathryn Hansen

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The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder By Kathryn Hansen

This book is a much-requested follow-up to "Brain over Binge" (2011), in which the author shared how she used a basic understanding of neuroscientific principles to overcome bulimia. In this sequel and companion volume, with the help of fellow specialists and authors Amy Johnson, Ph.D., Katherine Thomson, Ph.D., and others, Kathryn Hansen lays out those same principles—and many more—in a self-help format that encourages and enables binge eaters to recover efficiently and effectively. Although recovery is not the same for everyone, this book posits that there are only two essential goals that must be met to end bulimia and binge eating disorder: (1) learning to dismiss urges to binge and (2) learning to eat adequately. As you work toward these goals with a streamlined focus, you will discover your own strength, develop your own insights, and put into practice ideas and behaviors that work uniquely and authentically for you. The Brain over Binge Recovery Guide is comprehensive in its length and scope, but utterly simple in its approach: You will read and use only what you need—continuing on in the book if you feel you need more information and guidance; putting it down and moving on with your life when you feel you're ready—so that you can start living binge-free as quickly and easily as possible.

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Editorial Review

Review

"Kathryn's Recovery Guide is brilliant! She breaks down the science and explains in easy-to-understand language how to stop binge eating. This is a must read for anyone looking to finally get a handle on their unhealthy eating patterns." -Stacey Cohen, Integrative Health & Lifestyle Coach

"The Brain over Binge Recovery Guide is a deep dive into the concepts of Kathryn's original book, Brain over Binge. She insightfully anticipates the typical roadblocks her readers will experience, and, in her compassionate expert manner, gives us very actionable and understandable alternate ways to think and behave. I loved Brain over Binge and now have another excellent resource to share with my own clients who struggle with binge eating." -Cookie Rosenblum, MA, Master Weight Loss Coach & Author of "Clearing Your Path to Permanent Weight Loss"

"This book is a game changer. It's transformative both for people with bulimia and for therapists and treatment centers alike. I'd recommend to anyone who's looking for a new approach to traditional therapy or who has had recovery relapses to give Kathryn's techniques a try."-Polly Mertens, Eating Disorder Recovery Coach & Recovered Bulimic

"Kathryn's approach to overcoming binge eating is the most useful and effective I have ever found. Her writings take all of the drama out of eating disorders and simply deliver pure, rational principles in an easy and understandable way. The intent is clear that this is just to help you get better and nothing more ... and it has transformed my life forever." - Lydia Wentz, Lifestyle Coach & Recovered Binge Eater

About the Author

Kathryn Hansen recovered from bulimia in 2005; she is now dedicated to educating and empowering women and men who struggle with binge eating. She is the author of "Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good."

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Anna Sanders:

A lot of people always spent their very own free time to vacation or even go to the outside with them family members or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day every day to reading a guide. The book *The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder* it doesn't matter what good to read. There are a lot of those who recommended this book. They were enjoying reading this book. If you did not have enough space to create this book you can buy often the e-book. You can m0ore easily to read this book from the smart phone. The price is not to fund but this book features high quality.

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In this era globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The book that recommended to you is *The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder* this reserve consist a lot of the information from the condition of this world now. That book was represented how do the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. Often the writer made some investigation when he makes this book. Honestly, that is why this book ideal all of you.

Gary Copeland:

Is it you who having spare time after that spend it whole day by watching television programs or just telling lies on the bed? Do you need something totally new? This *The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder* can be the reply, oh how comes? It's a book you know. You are therefore out of date, spending your time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

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