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Overcoming Binge Eating

SECOND EDITION

**The Proven Program
to Learn Why You Binge
and How You Can Stop**



Dr. Christopher G. Fairburn

Christopher Fairburn Overcoming Binge Eating

Stephanie Watson, Ursula Drew



Christopher Fairburn Overcoming Binge Eating:

Overcoming Binge Eating Christopher G. Fairburn, 2013-07-11 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 *Summary of Christopher G. Fairburn's Overcoming Binge Eating, Second Edition* Everest Media, 2022-05-28T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Binge eating is when a person eats large amounts of food in a short period of time It is a major problem for many people and not just those in the Western world 2 The meaning of the word binge has changed over the years It has been in common use since the mid nineteenth century when it meant chiefly a heavy drinking bout according to the Oxford English Dictionary However today dictionaries often define a binge in terms of overeating 3 People often describe a feeling of altered consciousness during a binge They feel as if they are in a trance and their behavior seems almost automatic They eat quickly and dry out the food by drinking a lot of water 4 The typical binge is done in secret Some people are so ashamed of their binge eating that they go to great lengths to hide it including by eating in a relatively normal manner when they are with others Overcoming Binge Eating Christopher G. Fairburn, 1995 A Reading Well Books on Prescription Title Winner of the Association for Behavioral and Cognitive Therapies ABCT Self Help Seal of Merit Do you have a binge eating problem or know someone who does This authoritative book 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 will show you how to overcome the urge to binge gain control over eating behavior reduce the risk of relapse establish stable healthy eating habits This unique book has been tested in controlled clinical research and its success rate is outstanding From a leading international expert here is the advice encouragement and detailed guidance that can help you transform your relationship to food **The Complete Overcoming Series** Peter Cooper, 2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources The Complete Overcoming Series contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image

Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming Your Smoking Habit *The Complete Guide to Overcoming Eating Disorders, Perfectionism and Low Self-Esteem (ebook bundle)* Christopher Freeman, Constance Barter, Melanie Fennell, Peter Cooper, Roz Shafran, Sarah Egan, Tracey Wade, 2013-01-17 Eating disorders such as anorexia nervosa bulimia nervosa and binge and disordered eating affect a significant proportion of the general population They can cause untold suffering to those with the disorder and those around them who find themselves at a loss how to help their loved one For the first time this unique bundle combines hope and inspiration to those experiencing eating disorders either first hand or up close Includes self help programmes for the eating disorders and the inspirational diary of recovery written by an ex sufferer of Anorexia Nervosa now a Youth Ambassador for Beat the Eating Disorders association Includes the following Overcoming Anorexia Overcoming Bulimia Nervosa Binge Eating Overcoming Perfectionism Overcoming Low Self Esteem Mealtimes Milestones **The End of Overeating** David A. Kessler, 2010-09-14 NEW YORK TIMES BESTSELLER The former commissioner of the FDA exposes how the food industry manufactured a nationwide health crisis and offers research based solutions for taking back control of our diets Fascinating The New York Times Groundbreaking USA Today Disturbing thought provoking and important Anthony Bourdain Most of us know what it feels like to fall under the spell of food but it's harder to understand why we can't seem to stop eating even when we want to So why do we continue to reach for food Dr David A Kessler the dynamic and controversial former FDA commissioner known for his crusade against the tobacco industry is taking on another business that's making America sick the food industry Nearly 75 percent of American adults are clinically overweight or obese triple the amount from only sixty years ago But why In *The End of Overeating* Dr Kessler shows us how our brain chemistry has been hijacked by the foods we most love to eat those containing stimulating combinations of fat sugar and salt Food manufacturers create products by manipulating these ingredients to stimulate our appetites setting in motion a cycle of desire and consumption that ends with a nation of overeaters Drawing from the latest brain science as well as interviews with top physicians and food industry insiders *The End of Overeating* exposes the food industry's aggressive marketing tactics and reveals shocking facts about how we lost control over food and what we can do to get it back **How to Retrain Your Appetite** Dr Helen McCarthy, 2019-01-16 This self

help book is for people who have gained weight because they have lost touch with using natural hunger and fullness signals to guide their eating As seen on Channel 4's Don't Diet Lose Weight Dr Helen McCarthy shows you how to relearn to eat in tune with your body whilst still eating your favourite foods taking one manageable step at a time It is the antithesis to going on a diet It is also the antidote to clean eating as you eat what you already and have always loved instead of a prescribed set of acceptable foods The unique position of The Appetite Doctor's appetite retraining programme is that it bridges biology and psychology and puts the focus on specific habit change all while taking into account the natural resistance we have to making changes It teaches you how to work with not against your body This book contains the following chapters 1 A New Approach to Weight Loss 2 The Appetite System an overview of the science behind your taste buds and digestion introducing Dr McCarthy's concept of the Appetite Pendulum 3 The Psychology of Eating and Appetite 4 Stop Eating When You're Full 5 Establish a New Routine 6 Tackle Your Saboteurs 7 Wait Until You're Definitely Hungry 8 Stop Emotional Eating 9 Know What to Eat 10 Maintain Your New Weight *Conquering Bulimia* Stephanie Watson, Ursula Drew, 2015-12-15 This book discusses the symptoms of bulimia explains risk factors for the disease and offers advice on eating in a healthy manner

Eating, Drinking, Overthinking Susan Nolen-Hoeksema, 2024-06-04 The author of *Women Who Think Too Much* reveals a hidden source of depression in women with useful recommendations for change Psychology Today Depression is a common and debilitating problem among women though it rarely occurs in a vacuum As Susan Nolen-Hoeksema's original research shows overthinking a tendency to ruminate on problems rather than to seek solutions often co-exists with unhealthy eating habits and/or heavy drinking In fact eighty percent of women who report suffering from one of those also suffer from another This groundbreaking book written in a vivid narrative style that captures the complexities of women's lives today explains how the three core problems of the Toxic Triangle reinforce one another wreaking havoc on women's emotional well-being physical health relationships and careers Escape is possible the author assures us for those who are already aware that they suffer from a serious problem as well as for the hundreds of thousands of others who have not yet examined the role that bingeing and purging on negative thoughts food or alcohol plays in their lives Nolen-Hoeksema shows women how to harness their emotional and interpersonal strengths to overcome the stress caused by a destructive relationship with food alcohol and overthinking so that they can fashion effective strategies for living a happier healthier life *The Beginner's Guide to Eating Disorders Recovery* Nancy J. Kolodny, 2013-10-18 Provides information on anorexia and bulimia and discusses what is involved in recovering from eating disorders

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