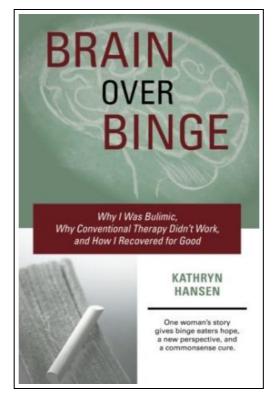
Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didnt Work, and How I Recovered for Good



Filesize: 3.17 MB

Reviews

This book may be worth purchasing. I was able to comprehended every thing using this published e publication. I am happy to let you know that this is the very best ebook i have got read inside my very own daily life and could be he finest ebook for actually. (Rhoda Durgan PhD)

BRAIN OVER BINGE: WHY I WAS BULIMIC, WHY CONVENTIONAL THERAPY DIDNT WORK, AND HOW I RECOVERED FOR GOOD



Camellia Publishing, LLC. Paperback. Condition: New. 328 pages. Dimensions: 8.4in. x 5.5in. x 0.4in.After six years of chronic bingeing and purging, Kathryn Hansen stopped her eating disorder independently and abruptly, using one tool and one tool only: the power of her own brain. In Brain over Binge, Kathryn traces the course of her condition and describes in detail her unconventional approach to recovery. In the process, she offers a much-needed alternative perspective to the canvas of eating disorder literature to help others struggling with any form of binge eating. The mainstream view of bulimia holds that it is a disease that manifests as a means of coping with deep underlying emotional problems. But the author persuasively argues that in her case, this philosophy actually encouraged more binge eating. For her, it really was about the food. Kathryns candid account cuts through the confusion she experienced in traditional therapy and simplifies both the origins of bulimia and its cure in a fresh, intriguing, and always clear voice. Brain over Binge is a brave book that will help many by delivering an informed and inspiring message of free will, self-reliance, and self-control This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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