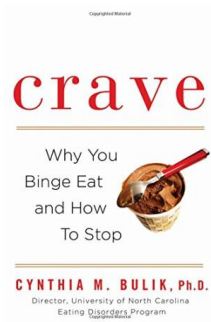


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CRAVE: WHY YOU BINGE EAT AND HOW TO STOP



Walker & Company. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.2in. x 5.4in. x 0.8in. A renowned expert on binge eating, the director of the Eating Disorders Program at the University of North Carolina, shares proven techniques for conquering food cravings. Clinical psychologist Cynthia M. Bulik, specially trained in psychiatric genetics, is a leading authority on eating disorders such as binge eating disorder (BED). For twenty years she and other researchers have tracked thousands of people, and have found that...

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