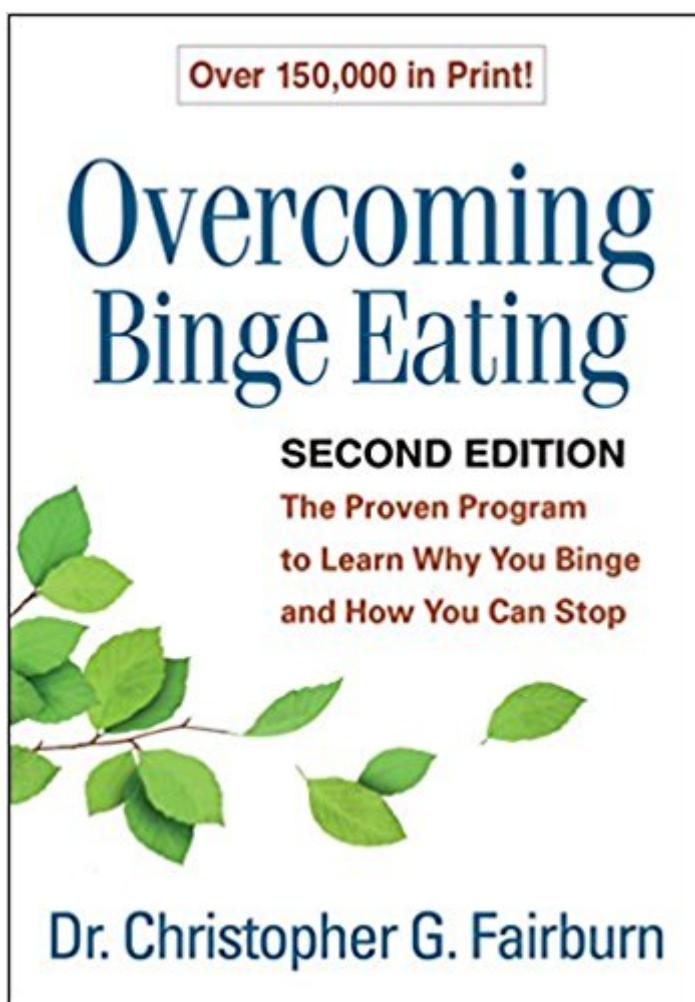


The book was found

Overcoming Binge Eating, Second Edition: The Proven Program To Learn Why You Binge And How You Can Stop



Synopsis

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

Book Information

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Customer Reviews

"By any standard, Dr. Fairburn is the leading authority in our field, so who better to write the definitive book on binge eating? This program is based on vast clinical experience, numerous clinical trials, and a breadth of perspective that few possess. You can trust this book. It is a landmark."--Kelly D. Brownell, PhD, coauthor of *Food Fight*; Robert L. Flowers Professor of Public Policy and Dean, Sanford School of Public Policy, Duke University "It is hard to improve a classic, but that is exactly what Dr. Fairburn has done. *Overcoming Binge Eating, Second Edition*, expands on the author's highly effective treatment. This self-help guide is filled with specific tools that can help reverse unhealthy habits that have trapped you for years. Dr. Fairburn helps you maintain regular eating habits, distract yourself from cravings, stop emotional eating, and address body

image issues. My colleagues and I will be recommending this book to all of our clients who feel their eating is out of control."--Robert L. Leahy, PhD, author of *The Worry Cure* "This invaluable second edition incorporates recent advances in the treatment of binge eating, including new strategies for dealing with body image issues. I recommend this user-friendly book wholeheartedly."--G. Terence Wilson, PhD, Oscar K. Buros Professor of Psychology, Rutgers, The State University of New Jersey "In this gem of a book, now thoroughly revised, Dr. Fairburn draws on decades of clinical experience and research. This is a powerful resource for anyone who wants to achieve lasting self-change."--Ruth H. Striegel, PhD, Editor-in-Chief, *International Journal of Eating Disorders* "Readers have posted online calling the previous version of this book 'a godsend' and 'the best book out there.' This substantially revised second edition is as good as the first and sets the standard for self-help books. This clearly written, practical guide is invaluable for anyone suffering from binge eating problems."--Roz Shafran, PhD, Institute of Child Health, University College London, United Kingdom "This is the book that every patient and parent should read in order to understand what drives eating disorder behaviors. In this remarkable guide, Dr. Fairburn translates decades of research on therapy into steps for lasting change."--Julie Lesser, MD, Medical Director, Center for the Treatment of Eating Disorders, Children's Hospitals and Clinics of Minnesota and Abbott Northwestern Hospital. "This book has proved invaluable to individuals who struggle with binge eating, and it has become a trusted tome on the shelf of many therapists, dietitians, and physicians who want to prescribe a non-invasive, evidence-based approach to treating their patients with an eating disorder." Although Fairburn himself still advocates for paper-and-pencil monitoring (p. 134), the self-help program presented in *Overcoming Binge Eating* could easily be used synergistically with new smartphone applications that facilitate real-time tracking of food intake, thoughts, and feelings. Even if the dog-eared, highlighted original is still sitting on your office shelf, treating yourself to the second edition is well worth the modest price. (Academy for Eating Disorders Forum 2014-01-01)

Christopher G. Fairburn, DM, FMedSci, FRCPsych, is Wellcome Principal Research Fellow and Professor of Psychiatry at the University of Oxford. He directs the Centre for Research on Eating Disorders at Oxford (CREDO). Dr. Fairburn is a research clinician who has won many awards, including the Aaron T. Beck Award from the Academy of Cognitive Therapy and the Outstanding Researcher Award from the Academy for Eating Disorders. He has a particular interest in the global dissemination of effective psychological treatments. His website is www.credo-oxford.com.

I had been a binge eater for years. This book came recommended by my pshrink so I reluctantly tried it. The insights and tools in this book changed my life. If you have a binge eating problem, GET THIS BOOK.

Learned a lot. Different methods of binge eating are described. Some I wouldn't have thought of as binge eating, but upon reflection, are.

This book makes complete sense to me. It addresses eating problems that I've had and that I've seen in other young women. Lots of background information makes you feel less alone (and less crazy) and no nonsense advice genuinely helps.

really hit home

It is a very good and interesting book. Finally there is someone who really do understand what binge eating really is. It is not only a matter of food issue but it also includes other issues in life. Really love this book.

It is an excellent source of information about all eating disorders. It is helpful for both patients and providers.

Love this book. It has been so helpful x N informative, and the research is supportive and very much backs up its writings. It has helped me understand and deal with my own issues in emotional eating. I am thankful and grateful to having started reading this book!

Instructional and educational.

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Eating with Intermittent Fasting The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder The Binge Code: 7 Unconventional Keys to End Binge Eating and Lose Excess Weight (+Bonus Audios) The Binge Code: 7 Unconventional Keys to End Binge Eating & Lose Excess Weight Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Overcoming Compulsive Hoarding: Why You Save and How You Can Stop CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out FitMentality: The Ultimate Guide to Stop Binge Eating: Achieve the Mindset for the Fit Body You Want Stop Eating Your Heart Out: Digital Workbook: The 21-Day Program to Free Yourself from Emotional Eating Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update)

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