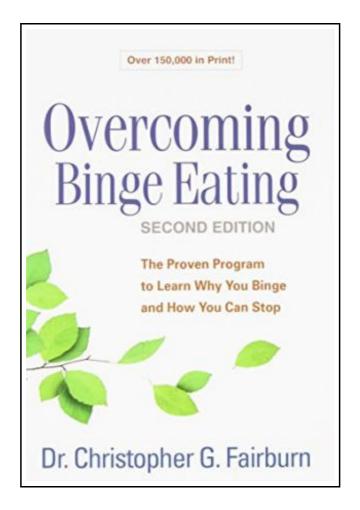
# Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop (2nd Revised edition)



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### OVERCOMING BINGE EATING: THE PROVEN PROGRAM TO LEARN WHY YOU BINGE AND HOW YOU CAN STOP (2ND REVISED EDITION)



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Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop (2nd Revised edition), Christopher G. Fairburn, 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.

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