

Never Binge Again: Reprogram Yourself To Think Like A Permanently Thin Person

THE BINGE CODE is a bold new book based on hard science and over 10 years of helping people end their binge eating issues and lose excess weight. In this book, Alison Kerr shows you exactly, step by step, how to unlock your mind, body and emotions from "The Binge Trap." Using her breakthrough approach you can overcome compulsive eating, food cravings, weight fluctuations and learn to live life to the fullest. Freedom from food issues and a happier, more fulfilling life is within reach.

"Brain over Binge is different than other eating disorder books, which typically present binge eating and purging as symptoms of complex emotional and psychological problems. Kathryn Hansen, the author of Brain over Binge, disputes this mainstream idea and explains why traditional eating disorder therapy failed her and fails many. Kathryn explains how she came to understand her bulimia in a new way- as a function of her brain and used the power of her own brain to recover – quickly and permanently. Sound theories and research support the ideas in this brave and refreshing new book, which holds promise for helping many who struggle with any form of binge eating." -- from author's website, http://www.brainoverbinge.com.

If you're a man who struggles with binge eating, emotional eating, stress eating, or if you repeatedly manage to lose weight only to gain it all back, you may be approaching things with the wrong mindset.Most contemporary thought on overeating and bingeing focuses on healing and self-love--a very feminine approach. But men who've overcome food and weight issues often report it was more like capturing and caging a rabid dog than learning to love their inner child...Open the cage even an inch--or show that dog an ounce of fear--and it'll quickly burst out to shred your healthy eating plans, undoing all your progress in a heartbeat.From his perspective as a formerly food-obsessed psychologist--and previous consultant to major food manufacturers--Dr. Livingston shares specific techniques for isolating and permanently dis-empowering your 'fat thinking self.' He reveals much of his own personal journey in the process.If despite your best intentions you find yourself in one or more of the following situations then this book is for you...You've tried diet after diet with no permanent success...You constantly think about food and/or your weight...You feel driven to eat when you're not hungry (emotional overeating)...You sometimes feel you can't stop eating even though you're full...You sometimes feel guilty or ashamed of what you've eaten...You behave differently with food in private than you do when you're with other people...You feel the need to fast and/or severely restrict your food to "make up" for serious bouts of overeating...Never Binge Again can help you:Dramatically improve your ability to stick to ANY healthy food plan so you can achieve your weight loss and/or fitness goals...Quickly recover from mistakes without self judgement or unnecessary guilt...Free yourself from the prison of food obsession so you can enjoy a satisfying, delicious, and healthy diet for the rest of your life!"What the Hades is this? It can't be this simple. But I'm closer to my goal weight than I've been in decades!" - Peter Borromeo"A powerful, thought provoking, and very un-ladylike approach to the problem of bingeing!" - Stephanie King"A unique and brilliant way to leverage will power/ passionate, convincing, defiant and inspiring - all at the same time" - Richard Guy"Never Binge Again squeled that awful voice in the back of my mind which says 'you'll backslide eventually, no matter what.' Thanks to this book failure is no longer an option!" - Warren Start"I'm still reeling with the revelation I have the ability to Never Binge Again, just like my ability to never rob a bank, never push and old lady into traffic, or never jump off of a perfectly good cliff! [...] This book is THE TOOL I need to conquer ever attempting to satisfy emotional feelings with carbo-laden calories again!" - Traci Rickards"If you follow this simple program, you CAN see results without the 'normal' struggle. No eating foods you don't like. No fancy rules, schedules or psychotic workouts. It puts you fully in charge of your eating...and it's sustainable." - Keith Duncan CPT (Certified Personal Trainer)"Refreshingly unlike any other nutrition/healthy-eating/wellbeing title I've ever read...and I've read quite a few! The total absence of charts, food diaries, calorie counters and so on is fabulous." - Celia Almeida

Overcome compulsive over-eating or binge eating. Do you want to establish a more peaceful relationship with food and your body? Are you sick and tired of fad diets? Whether you over-eat occasionally or struggle with chronic emotional eating and food addictions, this book can help you. You need not know anything about mindfulness to benefit from the powerful but simple techniques explained in this book. This book provides a few easy-to-follow eight-week programs based on mindfulness practices. 10 guided audio meditations to support you. Proven advice on overcoming the urge to binge eat. Strategies to cope with troubling emotions. Guidance on dealing with body image issues. Links to recent scientific research. This book will help you to understand: Why you want to eat when you are not hungry. Why you have cravings for particular types of foods. Why you find it hard to stop eating. Why you judge yourself so harshly. Why you use food to manage emotions. Why food causes you so much worry and angst. You will discover for yourself how much food and which types of foods are what your body needs. You will find out which foods you really do enjoy and that you can eat without guilt or worry. The author has worked for thirty years in social work and teaching, supporting and coaching people of all ages and backgrounds with issues such anxiety, stress, depression and problems with eating. She has worked in specialist units and hospital settings, counselling clients with eating disorders and body-image issues. This book is a valuable synthesis of personal and professional experience. If you want to free yourself from the misery of over-eating, guilt and shame, you need this book.

Binge eating triggers do NOT cause binges...they cause desires. Each time you recognize those triggers and avoid rewarding them with food you are effectively breaking down the connection between the trigger and the desire until that same trigger no longer produces a craving at all.In this book we cover: - EMOTIONAL TRIGGERS AND THEIR BUSTERS: Low self-esteem, Self-doubt, Boredom, Feeling Deprived, Financial Concerns, Feeling fat, Stress and Overwhelm, Loneliness, Shame, Anxiety, Apathy, Feeling powerless, etc'- PHYSICAL TRIGGERS AND THEIR BUSTERS: Hunger, Being too tired, That time of the month, Thirst, etc.- ENVIRONMENTAL TRIGGERS AND THEIR BUSTERS: The smell of food, Passing old haunts - Restaurants - Bakeries- and others, Lack of planning and preparation, Social situations, Nasty comments about your weight, Night time eating, etc.- THOUGHT BASED TRIGGERS AND THEIR BUSTERS: "One little bite won't hurt", "The scale doesn't budge", " Can't decide which diet to follow", "Worried you'll feel deprived forever", "This can't work forever", "Not enough time for self-care", "I can't afford to eat healthy", "My cravings will last forever", etc.

The Bulimia Help Method

The Body Reset Diet

Practices For Eating with Awareness, Wherever You Are

The World's Simplest Weight-Loss Program in 6 Easy Steps

The Brain Over Binge Recovery Guide

Mindful Eating on the Go

Processed Food Addict Is This Me?

Close Your Eyes, Lose Weight

Are you one of the millions of people suffering from Binge Eating Disorder? Are you caught in the trap of binge eating, emotional eating, mindless eating, and diet obsession? This book will help you to stop binge eating right now. You will heal the underlying issues that lead to your binge eating when you implement this complete mind, body and spirit approach to healing. It will help you to become the person who you know you are while gently guiding you away from the tyranny of food and body obsession, diets, binge eating and scales. You will come to a place of freedom and peace around food and your body so that you can enjoy your life. You will be able to breathe with ease and settle in to a place of normalcy around food and your body. Reclaiming Yourself from Binge Eating uses a new approach to treating binge eating that does not include dieting, deprivation, willpower, or any kind of self-criticism. These easy steps to becoming a normal eater are thought provoking, action oriented and enjoyable. Recovery from the torment of food and negative body image is within reach.

A compact, carry-along collection of meditative eating practices to use wherever you happen to be. Eating should be a source of joy—not a cause of angst, stress, or calorie-counting. Jan Chozen Bays’s 2009 edition of Mindful Eating demonstrated the timeliness of that message in a world where our relationship with food is often negatively charged to the point where eating disorders are epidemic. Her approach ties together the latest science with Buddhist mindfulness techniques (she’s an MD as well as a Zen teacher) in a way that’s brought amazing results to folks who had no idea eating could be such a fulfilling and fun activity. With this little book, Jan now makes mindful eating even more accessible, providing simple exercises you can use anywhere in a small format you can keep in your pocket or purse to pull out for inspiration wherever you might be—any time you want to find a way to reconnect with eating as one of life’s great joys.

HOW TO USE THIS MANUAL DURING THE DAY? Learn how to simplify tasks, organise your life, and CREATE TIME you didn't even know existed! If you think you do not have time for this book, think again! This book was written by a fellow mum who once struggled to manage her time. Nakita is a working mum of two, a wife, a homemaker, blogger, writer, avid reader, slow cooker aficionado, and a social media influencer. Yes, she finds the time to do it all, and practices self-care daily! Nakita shares her self-taught knowledge through her practical tips and strategies which you can apply on the spot for instant results! She has empowered hundreds of mums reclaim their time, and themselves. The Mama Manual is NOT about balancing a successful juggling act. It's about being intentional, being more present, and showing up - not just for those around you, but for yourself. HOW TO USE THIS MANUAL For best results read five pages of this manual daily - unless you're too busy, in which case you should read ten! "I found myself nodding in agreement as I read this. A fantastic resource for mums looking for easy ways to save time!" Claire Agius - mother, TV producer & presenter "Incredibly organised mummy - she's contagious!" Claire Agius Orday - mother, TV producer & presenter "Being organised is a key factor to successful parenting, and this manual is a great reference!" Pauline Agius - mother, TV producer & presenter

Some people use food to calm themselves when they feel overwhelmed. Others find it difficult to discern between eating out of hunger and eating out of habit. There are nearly as many reasons why people overeat as there are reasons to stop. While overeating can often bring comfort in the short term, it can lead to feelings of guilt later on. If you feel like you're caught in a cycle of unhealthy eating that you can't stop, this workbook can help you overcome it. In The Binge Eating and Compulsive Overeating Workbook, you'll learn skills and nutrition guidelines recommended by doctors and therapists for healthy eating and how to quell the often overpowering urge to overeat. Using a variety of practices drawn from complementary and alternative medicine, you'll replace unhealthy habits with nourishing rewards and relaxation practices. This potent combination of therapies will help you end your dependence on overeating as a way to cope with unpleasant feelings and shows you how to develop new strategies for a healthier lifestyle. This workbook will help you: -Identify the trigger foods and feelings that spur you to binge or overeat -Determine how stress, depression, and anxiety may be affecting your eating -Calm yourself in stressful times with nourishing self-care practices -Learn to appreciate and accept your body

This straight-talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Why can't I stop eating? If, like millions of others, you often ask yourself this question, you may be addicted to food. The food you eat may be precisely what makes you crave more...and more. This straight-talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Debbie Danowski, whose food addiction nearly ruined her life, and Peter Lazaro combine forces to give readers a full understanding of this debilitating condition: its sources, patterns, consequences, and physiological underpinnings. Unlike fad diets and drugs with their side effects, hidden costs, and infamous failure rates, the program outlined in this book goes to the root cause of chronic overeating and puts the tools for a lifelong cure into the hands of anyone willing to accept responsibility for a healthy, happy future.

The Mama Manual - How Busy Mums Get Organised

How to Resist the Most Common Overeating Triggers Until They Lose Their Power Over You

Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good

The No S Diet

Your Practical Self Help Guide for Bulimia Recovery

A Weight-Loss Memoir

Stop Overeating

A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul

Does your Inner Food Monster manage to wreak havoc on your diet when it breaks free of its cage? Or does it spend as much time outside its cage as it does inside, only depending on who wins the daily argument?If you answered yes to either of the above you're going to LOVE this book, because it pulls back the curtain on what is probably the most powerful, yet most frequently misunderstood feature of my previous book "Never Binge Again" (2,107+ reviews)... Food Rules!Good use, which means you'll enjoy eating again and won't need to feel deprived. They also almost totally remove the necessity for willpower from the weight loss game, and can lock your Food Monster permanently in its cage regardless of circumstance!But in this book, we didn't include good food rules, we only included the BEST ones! Game changers for our most successful customers and readers. Adopting these rules and/or adjusting your own rules according to the principles described, which you'll enjoy and benefit from immensely!

When we constantly feel hungry and overeat, sometimes it's not about the food. In this important book, a weight management expert presents the proven-effective Anchor Weight Management System to help people finally end their struggles with emotional eating and weight gain. For over fifty years, nutritional and medical scientists have dissected the problem of obesity. The result of this half-century of investigation has been a series of recommendations about what and how deprived of the joy of eating. From low-fat diets to the no-carb craze, the market has been continually flooded with one assortment of fad products and diets after another. So, when does it end? If you're struggling with emotional overeating and are trying to lose weight, you should know that you don't need to deny yourself certain foods. In The Emotional Eating Workbook, you'll learn about the real psychological needs that underlie your food cravings, how to meet those needs and satisfaction many overeaters seek in food. It's not about food. It's about how food is used to self-soothe, numb ourselves against the pain of living, or self-medicate in coping with stress and unresolved emotions. The Anchor Program™ approach detailed in this book is not about dieting. It's about being anchored to your true, authentic self. When you find your unique anchor, you will relate better to your body, you'll know intuitively how to feed your body, and you'll reach the weight you want. After undergoing gall bladder surgery at age twenty-three, Jennette Fulda decided it was time to lose some weight. Actually, more like half her weight. At the time, Jennette weighed 372 pounds. Jennette was not born fat. But, by fifth grade, her response to a school questionnaire asking what would you change about your appearance was, "I would be thinner." Sound familiar? Half-Assed is the captivating and incredibly honest story of Jennette's journey to get in shape, lose weight, used treadmill and steering clear of the donut shop, to the end with her goal weight in sight, Jennette vows readers with her determined persistence to shed pounds and the ability to maintain her ever-present sense of self.

No Snacks. No Sweets. No Seconds. * Except on days that start with S (Saturdays, Sundays, and Special Days). Developed by a problem-solving software engineer who was tired of diets that are too hard to stick with, The No-S Diet has attracted a passionate following online thanks to its elegant simplicity-and its results. Unlike fad diets based on gimmicks that lead to short-term weight-loss followed by backsliding and failure, The No-S Diet is a maintainable life plan that reminds

eating. The book offers readers the tips, tricks, techniques and testimonials they'll need to stick with No-S for life

Many of us struggle with overeating and losing weight. We all know what we should be eating, but somehow we still reach for those unhealthy foods that deep down we know aren't doing us any good. In this new book, chartered psychologist Dr Jane McCartney explains how to identify and address the underlying emotional reasons for overeating so you can turn your health and your life around. In this 28-day plan, you'll discover how to separate food from emotion to break free

For four weeks, you'll follow a straightforward programme that lets you explore the emotional triggers behind overeating. You'll then be given the tools you need to work through these issues and discover a new approach to dealing with challenges and problems. There is also a healthy eating plan to help you stay on track. Revolutionary and empowering, this book will help you to understand yourself, take control of your eating habits and ultimately maintain a healthy weight for life

My Life Battling My Inner Food Demon

Stop Binge Eating, Overeating and Dieting for Good, Get the Naturally Thin Body You Crave from the Inside Out

The Emotional Eating Workbook

The Binge Code

The DBT? Solution for Emotional Eating

The 21-Day Program to Free Yourself from Emotional Eating

A Step-By-Step Guide to Healing

Mindfulness for Binge Eating

Food addiction is an extremely difficult disease that is misunderstood by the general public and by many medical and mental health professionals. Weight regain following extreme weight loss through medically supervised diet programs, fad diets, or weight loss (bariatric) surgery is all too often followed by weight regain. Regain is largely attributed to failing to follow through with "behavior modifications," which are the focus in most weight loss programs. Behavior modifications include "eating less and moving more." Those whose weight has gone up and down over time attribute their regain to "going back to old habits." Understanding food addiction educates us about why it is so difficult for vast numbers of people to follow through with the behavior modification tools that actually do help the patients lose weight to begin with, and if practiced over time help in keeping the weight off. Food addiction takes our brains "hostage" and makes it seem impossible for intelligent, well-meaning people who sincerely want to lose weight to avoid foods they realize will result in added pounds. Food addiction "hijacks" our rational minds and leads us to making decisions that will defy our weight loss efforts and goals. Those who choose to have weight loss surgery often view it as "a last resort" for losing weight. They hope the surgery will result in dramatic weight loss, and will also help in sustaining that weight loss. It is a tragedy when patients who have elected to undergo a surgical weight loss procedure regain created pounds in spite of having had good intentions to follow through with the behaviors necessary to keep the weight off. A hallmark of addiction is knowing there are physical and/or emotional problems caused, or made worse by a substance, and continuing to use the substance anyway. If food consumption is leading to excess weight and physical comorbidities, such as high blood pressure, sleep apnea, high cholesterol and/or diabetes, and the patient is informed they need to lose weight in order to improve these medical conditions, but they are unable to change their eating habits, food addiction may be a reason. If people are depressed because of their weight and the limitations it places on their lives and the friction it causes in their relationships, and they want to lose weight but cannot seem to stop eating unhealthy foods, again, food addiction may be a reason. If a person has both the disease of obesity and the disease of addiction (in this case, food addiction), treating only the disease of obesity will most likely not result in long-term weight loss. Food addiction is a powerful disease that needs treatment concurrently when treating obesity. Attempts to continue to "eat less" will fail if a person is a food addict and does not treat their addiction. The result will ultimately be weight regain, frustration and discouragement. Stop Eating Unhealthy Foods NOT Treat Food Addiction is for people who have had bariatric surgery, are considering bariatric surgery, or for anyone who struggles with weight loss and keeping weight off. In this book, I explain what food addiction is and why it must be addressed in addition to working on weight loss and weight maintenance. I also share tips and steps to take in order to address food addiction, as well as what it means to be in recovery from food addiction. Get ready to learn. Get ready to grow as a person by learning more about yourself in this educational, engaging and down-to-earth book. Join me online and on Facebook as well for more helpful information and tools. And finally, please share this book with anyone you know who may be struggling with food addiction, whether or not they are a bariatric surgery patient.

Food addiction can be treated! Get help now and get healthier and happier. Your Health. Your Responsibility. This Day. Every Day.

Detailed summary and analysis of The Power of Habit.

This book may change the way you think about food forever...I know that's a big promise, but I don't make it lightly! I published this book as a companion to the bestselling Never Binge Again(TM), a copy of which you can download for FREE in Kindle format here: (https://www.amazon.com/Never-Binge-Again-Permanently-Overeating-ebook/dp/B014V1Q6SI/)Never Binge Again was originally a journal I kept about the very strange method I developed to put an end to 30 years of my own binge eating. There's a lot more to it than this, but essentially, it was me against my Inner Food Monster(TM) (my Reptilian brain)...and all the crazy things it told me to get me to repeatedly break my best laid dietary plans...Despite numerous doctors telling me I was going to die before I was 40 years old...Despite working with some of the best psychologists in the world (I grew up in a family of them in and around New York City)...Despite having been the CEO of two consulting companies which sold more than \$30,000,000 to Fortune 500 firms including many in the Big Food industry...And despite doing my own food addiction study with more than 40,000 people.That's right, after 30 years of suffering, this sophisticated, ultra-experienced psychologist and jet-set businessman finally got his act together with food...Not by loving himself thin and/or nurturing his inner wounded child...But by aggressively separating his constructive vs. destructive thoughts about food. This method, as crude and primitive as it was, was the ONLY thing which gave me those extra microseconds at the moment of impulse to wake up, remember who I was and what my higher goals were... and make the right decision.In any case, you should really read the original book to get the most out of this one... it has more than 1,750 reviews on Amazon and, as of this publication, more than 80% were four stars or better! What THIS book contains is a series of word for word transcripts from actual coaching interviews... along with links to the blog post where you can HEAR the recording. It's a great way to get a sense of how this all works in practice after you understand it in principle.That said, without further ado, here are the Food Demon Interviews!

Through her Inside Out Weight Loss program and seminars, along with podcasts downloaded more than 3 million times, Renée Stephens has helped countless people free themselves from emotional eating to achieve the body and life they've always desired. Now, in her first book, she shares the breakthrough lessons of her popular work and develops them into a complete, step-by-step program: Full-Filled: The 6-Week Weight- Loss Plan for Changing Your Relationship with Food!and Your Life!from the Inside Out. With Full-Filled, you will gain freedom from dieting as you use some of the world's most advanced mind and behavior-changing techniques. An intuitive and easy weight-loss program, Full-Filled will open the door to bigger transformations in your life. Not only will you drop excess physical pounds with Renée's expert guidance, you will get to the root of why you eat and you will lose your spiritual weight!by identifying why you eat the way you do and finding better ways to satisfy your true hunger without food. A former food addict, Stephens is a leading weight-loss coach who works with women and men who have spent years trying to free themselves from their weight struggle and to regain control of their lives. Women, Food and God led millions to spiritual insights; Full-Filled turns those insights into practical steps in an easy-to-follow program that will permanently change how you think about and behave around food. The Full-Filled program will identify and heal your underlying food issues and provide you with the specific tools to create new habits that will make you slim and healthy for a lifetime. This isn't about what foods you should and shouldn't eat (although Renée does share some of her favorite recipes to make weight loss happen faster and easier). Filled with personal success stories and a whole bag of transformative tips and tricks, Full-Filled will set you up for significant weight loss and provide the no-fail techniques for keeping the pounds off permanently.

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. Included in the UK National Health Service Bibliotherapy Program.

Me, My Pig, and I

Overcoming Eating Disorder (ED)

Keep Your Inner Food Demon Out of the Driver's Seat and Defend Against Its Sneakiest Tactics

Why Can't I Stop Eating?

Never Binge Again(tm)

Reclaiming Yourself from Binge Eating

A Cognitive-Behavioral Treatment for Bulimia Nervosa and Binge-Eating Disorder Client Workbook

Reprogram Yourself to Think Like a Permanently Thin Person. Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice!

Learn Inner Nurturing and End Emotional Eating If you regularly eat when you're not truly hungry, choose unhealthy comfort foods, or eat beyond fullness, something is out of balance. Recent advances in brain science have uncovered the crucial role that our early social and emotional environment plays in the development of imbalanced eating patterns. When we do not receive consistent and sufficient emotional nurturance during our early years, we are at greater risk of seeking it from external sources, such as food. Despite logical arguments, we have difficulty modifying our behavior because we are under the influence of an emotionally dominant part of the brain. The good news is that the brain can be rewired for optimal emotional health. When Food Is Comfort presents a breakthrough mindfulness practice called Inner Nurturing, a comprehensive, step-by-step program developed by an author who was herself an emotional eater. You'll learn how to nurture yourself with the loving-kindness you crave and handle stressors more easily so that you can stop turning to food for comfort. Improved health and self-esteem, more energy, and weight loss will naturally follow.

Wall Street Journal bestseller If dieting always seems to fail. . . If you can't stick to a workout routine. . . If you lose weight just to gain it back immediately. . . Your subconscious might be the problem. Forget everything you know about hypnosis based on party tricks and television silliness. Genuine hypnotherapy is a serious, scientifically proven method of influencing our hard-to-reach subconscious. Many people are skeptical at first, but if nothing you've tried has worked, you owe it to yourself to try an approach that has helped thousands around the world. Close Your Eyes, Lose Weight uses the scientifically proven process of hypnotherapy to empower you to lose weight for healthful reasons. Guided exercises recondition your mind to let you effortlessly: • Eat mindfully • Overcome addictions to sugar and carbs • Stop binge eating • Heal body dysmorphia • Release emotional weight Rather than simply aiming for a number on the scale, Close Your Eyes, Lose Weight helps you achieve the self-confidence to love yourself enough to appreciate your incredible body and the conviction to live your life with pride. World-renowned hypnotherapist Grace Smith will give you the tools you need to train your subconscious mind to eat only the foods that nourish your body, mind, and life.

Do you sometimes catch yourself snacking when you're not feeling hungry? Do you crave some foods more when you're stressed, worried or unhappy? Do you feel you've lost control when you give in to a craving? Stop Eating Your Emotions will help you make peace with your body and transform your relationship with food to rediscover the pleasure of eating without guilt or anxiety. Equipped with vast experience supporting people who binge-eat or experience episodes of compulsive eating, Huot and Sénécal have developed exercises, tips and tools that are sensible and practical, and that work! By rethinking your relationship to food, reconnecting with your body's natural signals and modifying the thoughts that cause anxiety, you can break the compulsive-eating cycle and enjoy your life. With a foreword by Sophie Grégoire-Trudeau

Are You Struggling to Stick To Your Weight Loss Plan Over The Long Run? Do You Find Yourself Constantly "Falling off the Wagon" or Apply These 28 Simple, Yet Extremely Effective Hacks for Unstoppable Motivation Day-in, Day-out!Dear friend, my name is Megan Leach, and I want to give you the gift of BULLETPROOF motivation that you can use everyday to stick to your weight loss journey: it's time to take things to the next level and not only make progress on your weight loss journey, but to start enjoying the journey! Discover How To Instantly Rewire Your Brain to Feel A Constant Surge of Motivation Day-in, Day-out!No more falling off and starting again, one more start is all you need!!I'm going to teach you how to pick up your motivation when it's feeling low by using my simple, yet extremely effective motivation hacks. Inside You'll Discover... how you can annihilate the power of temptation one and for all! (Hack #15) How to reprogram your brain to automatically move toward healthy, productive habits and move away from negative, unhealthy ones - (Hack #23) How to never lose desire for your goals and keep them in front of your eyes - (Hack #16) The simple method to enjoy your exercise time: working out is supposed to be fun - (Hack #14) The one weekly habit that will make sticking to your diet astonishingly simple and effortless- (Hack #11) How to ensure you're always making consistent progress and never succumb to feeling overwhelmed by the journey in front of you - (Hack #6) Much, much more! Scroll Up & Download Your Copy Right Now!

If you're a man who struggles with binge eating, emotional eating, stress eating, or if you repeatedly manage to lose weight only to gain it all back, you may be approaching things with the wrong mindset.Most contemporary thought on overeating and bingeing focuses on healing and self-love--a very feminine approach. But men who've overcome food and weight issues often report it was more like capturing and caging a rabid dog than learning to love their inner child...Open the cage even an inch--or show that dog an ounce of fear--and it'll quickly burst out to shred your healthy eating plans, undoing all your progress in a heartbeat. From his perspective as a formerly food-obsessed psychologist-and previous consultant to major food manufacturers-Dr. Livingston shares specific techniques for isolating and permanently dis-empowering your 'fat thinking self.' He reveals much of his own personal journey in the process. If despite your best intentions you find yourself in one or more of the following situations then this book is for you...You've tried diet after diet with no permanent success...You constantly think about food and/or your weight...You feel driven to eat when you're not hungry (emotional overeating)...You sometimes feel you can't stop eating even though you're full...You sometimes feel guilty or ashamed of what you've eaten...You behave differently with food in private than you do when you're with other people...You feel the need to fast and/or severely restrict your food to "make up" for serious bouts of overeating...Never Binge Again can help you: Dramatically improve your ability to stick to ANY healthy food plan so you can achieve your weight loss and/or fitness goals... Quickly recover from mistakes without self judgement or unnecessary guilt... Free yourself from the prison of food obsession so you can enjoy a satisfying, delicious, and healthy diet for the rest of your life!"What the Hades is this? It can't be this simple. But I'm closer to my goal weight than I've been in decades!" - Peter Borromeo "A powerful, thought provoking, and very un-ladylike approach to the problem of bingeing!" - Stephanie King "A unique and brilliant way to leverage will power/ passionate, convincing, defiant and inspiring - all at the same time" - Richard Guy"Never Binge Again squeled that awful voice in the back of my mind which says 'you'll backslide eventually, no matter what.' Thanks to this book failure is no longer an option!" - Warren Start "I'm still reeling with the revelation I have the ability to Never Binge Again, just like my ability to never rob a bank, never push and old lady into traffic, or never jump off of a perfectly good cliff! [...] This book is THE TOOL I need to conquer ever attempting to satisfy emotional feelings with carbo-laden calories again!" - Traci Rickards "If you follow this simple program, you CAN see results without the 'normal' struggle. No eating foods you don't like. No fancy rules, schedules or psychotic workouts. It puts you fully in charge of your eating...and it's sustainable." - Keith Duncan CPT (Certified Personal Trainer)"Refreshingly unlike any other nutrition/healthy-eating/wellbeing title I've ever read...and I've read quite a few! The total absence of charts, food diaries, calorie counters and so on is fabulous." - Celia Almeida

There Are Titles in This Title

Why You Can't Stop Eating Junk Food and How to Permanently Break the Cycle of Yo-Yo Dieting, Bingeing, and Starving

17 Day Diet Bible: The Ultimate Cheat Sheet & 50 Top Cycle 1 Recipes

Power Your Metabolism, Blast Fat and Shed Pounds in Just 15 Days

7 Simple Guided Steps So You Can Completely Stop Binge Eating and Overeating, Reach Your Goal Weight, and Leave Shame, Guilt, and Food Obsession Behind You

Reprogram Your Subconscious Mind in 12 Weeks to Eat Healthy, Feel Great, and Lov e Your Body with the Groundbreaking Power of Self-Hypnosis

When Food Is Comfort

The 17 Day Diet Bible offers a safe, effective and lasting way for shedding some pounds. Unlike many programs that will still starve you to lose weight, this encourages you to eat well and exercises well to lose those pounds. The program walks you through from detoxification to eating well and losing pounds permanently. The step by step cheat sheet will help you document progress and it also makes implementing this diet easy. The 17 Day Diet Bible also helps you avoid mistakes dieters tend to make but instead, it will help you to rapid weight loss safely, effectively and permanently. This is a simple plan to follow with long lasting results if you really put your heart into it. The 17 Day Diet Bible also comes with 50 delicious, healthy and diet friendly recipes that can go along with your diet.

According to our national survey 57% of adults in the United States alone suffer from nighttime overeating. That's over one hundred million people! If you're among the majority of adults who routinely blow their diet after 7 pm, this book by Dr. Glenn Livingston (internationally renowned psychologist with 500,000+ readers of his books on overcoming overeating, and former food industry insider) and Sergeant Yoav Ezer (Dr. Livingston's business partner, CEO of his company, and more importantly a former nighttime binge eater who lost 90 pounds and played a pivotal role in helping Dr. Livingston formulate the method to end nighttime overeating) is a light, fun read and just what you've been waiting for: - Discover one simple thing you can do on when you have seemingly irresistible cravings. - The latest research findings on what causes nighttime food indulgences, and what works to stop them! - How to stop dreading the whole process of overcoming nighttime overeating and make it light, fun, and enjoyable- Leverage the very specific protocol Dr. Livingston arrived at working with hundreds of clients.- Understand why you won't need to feel deprived, but rather make food more satisfying.- Get 19 delicious, whole food, craving killer recipes!- Use vampire movies and myths (like Dracula) to restore confidence in your ability to stick to your diet in the evening.- See how to make a major dent in your nighttime eating problem in only ten days! (Less than two weeks from this very moment if you read the book tonight.)Together, Sergeant Ezer and Dr. Livingston have built a company that's helped literally tens of thousands of clients and readers with their food issues. Get their best advice to put your diet-destroying, confidence-sapping nighttime overeating problem behind you fast!

Did you know that 'Almost' is the longest word in the English language with all the letters in alphabetical order? Or that 'Stewardesses' is the longest word you can type solely with your left hand? Or that fireflies aren't flies, they're beetles? From information about words and their uses, useful lists of things you never knew had names, palindromes, famous lines from literature and film, to bizarre test answers and much, much more, There Are Titles in This Title is bursting with truly oddball facts about words and language - and will have you hooked from the very first page.

"I am truly extraordinarily impressed with the Bulimia Help Method. It is really impressive and very approachable" - Susan Paxton, Past President of the Academy for Eating Disorders & Professor at La Trobe University "There is much helpful, practical, and inspirational advice in this program, which is all backed by thorough research and the experience of thousands of recovered bulimics." - Kathryn Hansen, Author of Brain over Binge The Bulimia Help Method introduces readers into a five-step process that teach those seeking recovery how to stop bingeing, relearn normal eating and overcome bulimia for life. Inside you will find: - A unique step-by-step treatment plan for overcoming bulimia nervosa - A new empowering perspective on why you binge and how to remove the urge - Effective strategies for dealing with relapses - Comprehensive guidance for creating a meal plan - How to ensure you stay recovered and at your healthy ideal weight for life - How to remove food obsession and anxious emotions - How to rebuild a healthy relationship with food so that food becomes just food - How to let go of food rules, restriction and fears Actual Reader Feedback: "The Bulimia Help Method has saved my life. I don't say that lightly. I have been bulimic for 10 years and I have been full of despair. I thought I would never recover and this sad sham of a life was what mine would be. I have been to doctors, therapy, and read every self-help book. This was the first time anything worked. I finally have hope again!"! - Nadine "I am in a position to "graduate" from your recovery program. After over 45 years of disordered eating this is quite incredible! I would like to express my profound gratitude to you for compiling a system that works. Once more I have a potential to live life, be happy, healthy and help others along the way." - Pat Mary "I had bulimia for 13 years when I came across this program. I am not sure what compelled me to purchase because I secretly believed that there was nothing that could help me, but now almost 6 months later I am no way to being free of bulimia forever" - Sara

Processed Food Addiction Is a Disease That Can't Be Controlled by Willpower *Too many people blame themselves for having no willpower when it comes to staying on a diet or food plan. After they have surrendered to the desire again and the cravings kick in, they pass through the well-known cycle of a binge, finally emerging, determined not to ingest processed foods again. "I lost twenty pounds four months ago, but now it has all come back." Breaking the cycle of yo-yo dieting is so hard. The reality is that an ever-growing number of people may be suffering under the weight of an addiction—a processed food addiction—without knowing it. Author Karren-Lee Raymond, PhD, is an internationally recognized practitioner, researcher, and pioneer in the diagnosis and treatment of processed food addiction. She knows that until the addict is aware that their craving is a disease, they are in its control. In Processed Food Addict: Is This Me? Why You Can't Stop Eating Junk Food and How to Permanently Break the Cycle of Yo-Yo Dieting, Bingeing, and Starving, Dr. Raymond provides evidence that an addiction to processed food is just as insidious and deadly as every other kind of addiction Dr. Raymond contends that a processed food addiction is an addiction just like alcoholism, and is a disease rather than a behavioral disorder. This is in direct contrast to the current models of treating food addiction in the same way that gambling is treated. "William Silkworth, MD, laid the philosophical foundation for Bill W and Dr. Bob to create Alcoholics Anonymous, the very first Twelve Step group. Karren-Lee Raymond, PhD, has opened the door for all those lost in the disease of processed food addiction. Perhaps now, even those who came to scoff will find peace of mind and a new way of life."*—Donald J. Kurth, MD, MBA, MPA, Chief of Addiction Medicine (Retired), Behavioral Medicine Center, Loma Linda University; Past President and Distinguished Fellow of the American Society of Addiction Medicine In Processed Food Addict you'll discover that Processed food addiction is an incurable disease You are not alone Willpower is NOT the answer There is a solution You CAN be released from this deadly obsession Processed Food Addict: Is This Me? sheds light on the reality of the insidious nature of a processed food addiction, and it engages with readers so they learn more about this subtle disease that is taking shape under so many disguises. Begin reading this cutting edge book to discover if you, or someone you love, may be a processed food addict.

28 Powerful Motivation Hacks, Secrets and Strategies for Bulletproof Motivation to Lose Weight!

How to Have Your Cake and Your Skinny Jeans Too

Intuitive Eating, 2nd Edition

Accelerate Your Progress Towards Permanent Weight Loss by Leveraging the Most Effective Rules Created by Hundreds of Successful Never Binge Again Readers (And Clients!)

I Love My Workbook

Stop Eating Your Heart Out

An Integrated Approach to Overcoming Disordered Eating

101 Best Food Rules

This book is a much-requested follow-up to Brain over Binge (2011), in which the author shared how she used a basic understanding of neuroscientific principles to overcome bulimia. In this sequel and companion volume, with the help of fellow specialists and authors Amy Johnson, Ph.D., Katherine Thomson, Ph.D., and others, Kathryn Hansen lays out those same principles—and many more—in a self-help format that educates and empowers binge eaters to pursue recovery efficiently and effectively. Although recovery is not the same for everyone, this book posits that there are only two essential goals that must be met to end bulimia and binge eating disorder: (1) learning to dismiss urges to binge and (2) learning to eat adequately. As you work toward these goals with a streamlined focus, you will discover your own strength, develop your own insights, and put into practice ideas and behaviors that work uniquely and authentically for you. The Brain over Binge Recovery Guide is comprehensive in its length and scope, but utterly simple in its approach: You will read and use only what you need—continuing on in the book if you feel you need more information and guidance, putting it down and moving on with your life when you feel you're ready—so that you can start living binge-free as quickly and easily as possible.

We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: "How to reject diet mentality forever "How our three Eating Personalities define our eating difficulties "How to feel your feelings without using food "How to honor hunger and feel fullness "How to follow the ten principles of Intuitive Eating, step-by-step "How to achieve a new and safe relationship with food and, ultimately, your body WWith much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

"When I was losing weight, Liz was more than my coach; she was my rock, and I couldn't have done it without her. She just got it, because she'd been through it herself (and helped about a million other people through it, too). Target 100 is Liz in book form—smart, supportive, and full of practical, simple solutions. Liz changed my life and my whole concept of dieting—and now can change yours too." —Jessica Simpson When did weight loss get so complicated? Today, it feels like there are a million different apps, tools, workouts, and eating plans designed to help you lose weight. Some promise success via drastic, unlivable restrictions, others are so complex they turn losing weight into a second job. In Target 100, celebrity weight-loss coach Liz Josefsberg shows you don't have to be a slave to your weight-loss program. You don't have to count every gram of every nutrient and every calorie you eat at every meal. Believe it or not, weight loss can be simple. It can even be... fun. A 15-year veteran of the weight-loss industry and who lost—and kept off—65 pounds herself, Liz has accrued a high-profile clientele. She helped Oscar-winner Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight (twice!). But along with the likes of Charles Barkley and Katie Couric, Josefsberg has also coached thousands of others, everyone from stay-at-home moms to office jockeys. Along the way, she's learned what works—and what doesn't—when it comes to lasting weight loss, and she's ready to share her secrets with the rest of us. Target 100 streamlines the weight-loss process into six easy-to-follow guidelines and shows you how to adjust them to fit your lifestyle, personalizing the program so that it works for you. Josefsberg offers tips, worksheets, and powerful insights to help you fine-tune a range of weight-related behaviors, from battling stress to getting more sleep, setting the stage for permanent, long-term weight loss. Instead of counting calories, you'll learn how simple changes come together to jumpstart your health and wellbeing, such as: • Drinking 100 ounces of water a day • Exercising for 100 minutes a week • Adding 100 minutes of Sleep a week • De-Stressing for 100 minutes a week • And more! Warm and no-nonsense, encouraging and informative, Target 100 is a holistic and revolutionary wellness book with a simple message: You don't need to be perfect to lose weight, or transform yourself into someone you're not. You can lose weight for good, with the world's simplest weight loss program. With so many crazy and extreme diets on the market, it's hard to know what to eat and how to maintain a healthy regime. We have lost our way when it comes to diet and succumb to extreme measures that promise short term rewards. In spite of our extreme attempts to get in shape, we are still unsatisfied with how we look. The Harley Planputs an end to these extreme behaviours that are making us fat and tells you exactly how to achieve your best physique in just 15 days. Get ready to press the proverbial "reset" button on your metabolism and exercise regime and prepare to revise your entire outlook on health. The Plan is comprised of three phases, each lasting five days. Weight loss begins on day one of 'Phase I' and in all three phases, you will eat five times daily - thus igniting your metabolism to run more efficiently. Furthermore, the plan will show you how to make simple, healthy meals that can be prepared in less than five minutes. Finally, you'll learn just how easy it is to exercise an optimal amount, so as not to trigger your appetite. It is so simple and you'll be able to maintain this program for the rest of your life. In just 15 days, you will lose weight with ease and can expect to lose 5 inches in just 5 days.

"Grounded in dialectical behavior therapy (DBT), this...book offers a powerful pathway to change. Drs. Debra L. Safer, Sarah Adler, and Philip C. Masson have translated their proven treatment into an empathic self-help guide that focuses on the psychological triggers of bingeing and other types of 'stress eating.' Readers learn how to stop using food to soothe emotional pain and gain concrete skills for coping in a new and healthier way ... [featuring] pointers for building and practicing each DBT skill, mindfulness exercises, and downloadable practical tools that help readers tailor the program to their own needs"--

A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating

The 28-day plan to end emotional eating

Full-Filled

Recognizing, Understanding, and Overcoming Food Addiction

Weight Loss Surgery Does Not Treat Food Addiction

Stop Eating Your Emotions

The Power of Habit: by Charles Duhigg | Summary & Analysis

Best known for his bestselling book "Never Binge Again" (2,000+ reviews and hundreds of thousands of readers) which makes the outrageous promise to give you permanent control on the diet of your choice, Dr. Glenn Livingston has done it again. In "Me, My Pig, and I" he outlines the life which led him to develop this radically effective system to help overcome overeating, in delightful, poignant stories with which the reader will instantly identify. You'll learn everything from Dr. Livingston's earliest personal history, to his position as CEO of two firms which sold \$30,000,000+ of marketing consulting to Fortune 500 companies like Kraft, Nabisco, Plantars-Lifesavers, Lipton, Novartis, Bausch & Lomb, American Express, Whirlpool, and dozens more big names you'd recognize in a heartbeat.This is your chance to read his story in full so you can more effectively leverage his success to stop overeating...and improve your life in ways you never dreamed possible.

Now you can walk yourself through the very same coaching process Dr Livingston has taken hundreds of clients through, step by precious step. Never Binge Again is a radically different approach to overcoming overeating, and this workbook will help you embrace and integrate all its powerful principles:Eat Healthy without Relying on Willpower: As you work your way through this book, starting with the very first exercise, you should find yourself dramatically less drained by constant decision making about food...and that energy can be finally be put to other, more important, healthier use!Discover the Body You Were Meant to Live In: As food becomes less and less of an issue your body can and should gradually shed the excess weight you've been holding until you reach a natural, comfortable weight.Escape the Tyranny of "Emotional Eating": Never again feel compelled to put bad food in your body just because you don't like the way you feel!Find Freedom from Food Obsession: As you eliminate and automate difficult food decisions, the mental obsession with food should lift. Put your mind to better use, including simply being present, mindful, and aware.Break Free from the Diet Mentality: Find sustainable habits you can live with for a lifetime!Uncover Your Most Personal and Sustainable Motivation: Get BOTH a short-term boost in motivation AND the power to carry you through the long run! All personalized to your specific needs.Reclaim Your Power: To this point you've been letting your Lizard Brain (lower brain) control you. It's time to take back the reins and show the Lizard who's boss!End Your War with Food: Ever fought a war with a bagel, donut, chocolate bar, piece of pizza, or dish of pasta?and lost? Are you exhausted from constantly trying to wage a "war on food" in your own head? where YOU are the primary casualty? See how to declare the war over once and for all so youcan find peace again. You'll love this workbook because within it is the power to put overeating and binge eating behind you for good!

YOU ABSOLUTELY CAN STOP BINGE EATING (OR FEELING OUT OF CONTROL WITH FOOD) AND BE THIN! You are about to finally uncover the single reason why you've been experiencing such an uphill battle with food and your weight. And far more importantly... I am going to teach you the skills you need to win the food fight once and for all--without dieting. If you're looking for a real, proven, step-by-step solution to stop overeating and binge eating for good--so you can finally get thin and get on with your amazing life--then this book is for you. Is food your best friend--and your worst enemy? Are you stuck in a relentless tug-of-war between wanting (desperately) to lose weight, and the out-of-control urge to eat? Does your firm morning resolve to "be good" with food consistently crumble into a night of takeout on the couch, watching TV with Ben & Jerry? Do you love food, but at the same time, part of you hates it with a passion, and would be perfectly happy if you never ate again--if it just meant you could finally be thin? Let me come right out and say it. It's not you! There are clear-cut, solvable reasons why your eating currently feels frustrating and at times painfully out of control. You've simply been trying to solve the problem (excess weight and overeating) with a solution (dieting and exercise) that does nothing to resolve the real reasons you feel so out of control with food. The problem is not your lack of nutritional knowledge. Knowing how many calories (or carbs) are in a thick, ludgy brownie does absolutely nothing to equip you with the skills to stop binge eating it after a long, hard day at work. Are you going to scream if another weight loss book tells you to "take a bath" instead of binge eating? Overeating and binge eating are learned behavioral patterns that can be eradicated once you learn a few simple--actionable--psychological skills. And NOT the type of "fluff psychology" you find in most emotional eating books that advise you to "take a walk," "read a book," or "take a warm bath" when you feel the urge to overeat. Really? That advice is absolutely useless. (And maddening!) As if when you're in that pre-binge frenzy, parked outside the mini-mart tearing into a bag of chips and a box of donuts, you're going to hear that advice and say, "Wow, why didn't I think of that? I'll put down these salty, grease glistening chips and thick, chocolate frosted donuts and head home to read Pride and Prejudice." Not so much. The solution to binge eating and overeating is found in step-by-step, research based, learn-able skills that prevent and eliminate overeating on the spot. The skills (you'll be happy to know) do not include deprivation or willpower. Since willpower and deprivation don't actually work. I mean, if they did work to yield lasting weight loss we wouldn't be having this conversation right now. Right? Find out exactly why your best weight loss efforts have failed in the past--and more importantly, exactly what you can do to change it. Today. Learn how to eliminate the single behavior that 70 years of scientific research proves causes overeating, binge eating, and feeling out of control with food. Uncover the secret to being able to keep any food in your house--without it calling your name. Discover the two keys that make it a cinch to stop eating any food when you've had enough (even chocolate cake or a cheeseburger!). How to Have Your Cake and Your Skinny Jeans Too is Josie at her best--sharing her remarkable insights, her warm, disarming signature wit, and her research-based Hunger Directed Eating techniques that result in quick and lasting change. This is the first book in a groundbreaking series. Join the women and men around the world who are finally enjoying peace and ease with food.

Patients are guided to objectively observe their own eating patterns, including contexts in which problematic eating takes place. Through careful education, patients are guided toward normalizing their eating patterns as a way of breaking the deprivation/ binge cycle. Alternative pleasurable activities to problematic eating are explored. Patients are encouraged to explore problematic thoughts associated with bingeing and purging and taught to challenge these thoughts. This Client Workbook is intended to be used by individuals with Bulimia Nervosa or binge-eating disorder, under the supervision of a qualified professional who can help them stay on track and overcome obstacles. The Client Workbook contains background information that will improve the client's understanding of Bulimia Nervosa and binge-eating disorder and its treatment with cognitive-behavioral therapy. Each chapter presents important educational material, relevant exercises, homework assignments, and self-assessments. In general, the client should plan on proceeding at a pace of approximately one chapter per session.

Never Binge Again!(m)Reprogram Yourself to Think Like a Permanently Thin Person. Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice!

Nurture Yourself Mindfully, Rewrite Your Brain, and End Emotional Eating

The Weird World of Words

Weight Loss Motivation

The Strikingly Simple Weight-Loss Strategy That Has Dieters Raving--and Dropping Pounds

How to Live Healthy and Eat Happy

The Binge Eating and Compulsive Overeating Workbook

A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder

Half-Assed

What to do when food is NOT your best friend. According to a recent Self Magazine, 65% of all women have an unhealthy relationship with food. Often they use food to numb feelings and become binge eaters or overeaters. Food becomes their primary means for coping with everyday stress, anxiety, and other difficult feelings. Drawing on her experience of working with compulsive overeaters and binge eaters for over twenty years, Meryl Beck has developed a revolutionary approach for rewiring your brain that incorporates spiritual, physical and emotional tools for getting healthy. This 21 day plan brings together tools from psychotherapy, the 12 Steps, personal growth, work, and energy healing.

Stop Eating Your Heart Out offers a way to rewrite the brain to respond differently to the impulses and feelings that create bingeing. Beck, a therapist, and former binge eater an approach to recovery from emotional eating that incorporates spiritual, emotional, and energy work.

7 Unconventional Keys to End Binge Eating & Lose Excess Weight

The 6-Week Weight-Loss Plan for Changing Your Relationship with Food-and Your Life-from the Inside Out

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

Overcoming Binge Eating, Second Edition

45 Binge Trigger Busters

A Revolutionary Program That Works

An End to Nighttime Overeating: Your 10-Day Definitive Guide

Brain Over Binge