



Overcoming Binge Eating For Dummies

Jennie Kramer, Marjorie Nolan Cohn

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Overcoming Binge Eating For Dummies Jennie Kramer, Marjorie Nolan Cohn **Control binge eating and get on the path to recovery**

Overcoming Binge Eating for Dummies provides trusted information, resources, tools, and activities to help you and your loved ones understand your binge eating — and gain control over it. Written with compassion and authority, it uses stories and examples from the authors' work with clients they've helped to overcome this complicated disorder.

In *Overcoming Binge Eating For Dummies*, you'll find information and insight on identifying the symptoms of binge eating disorder, overcoming eating as an addiction, ways to overcome the urge to binge, how to institute a healthy eating pattern, ways to deal with anxiety and emotional eating, and much more.

- Provides professional resources for seeking additional help for binge eating
- Includes advice on talking with loved ones about binge eating
- Offers tips and guidance to establish a safe and healthy recovery plan

Overcoming Binge Eating For Dummies is for those currently suffering or recovering from BED, as well as families and friends looking for a comprehensive and expert resource to this widespread but largely misunderstood disorder.

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