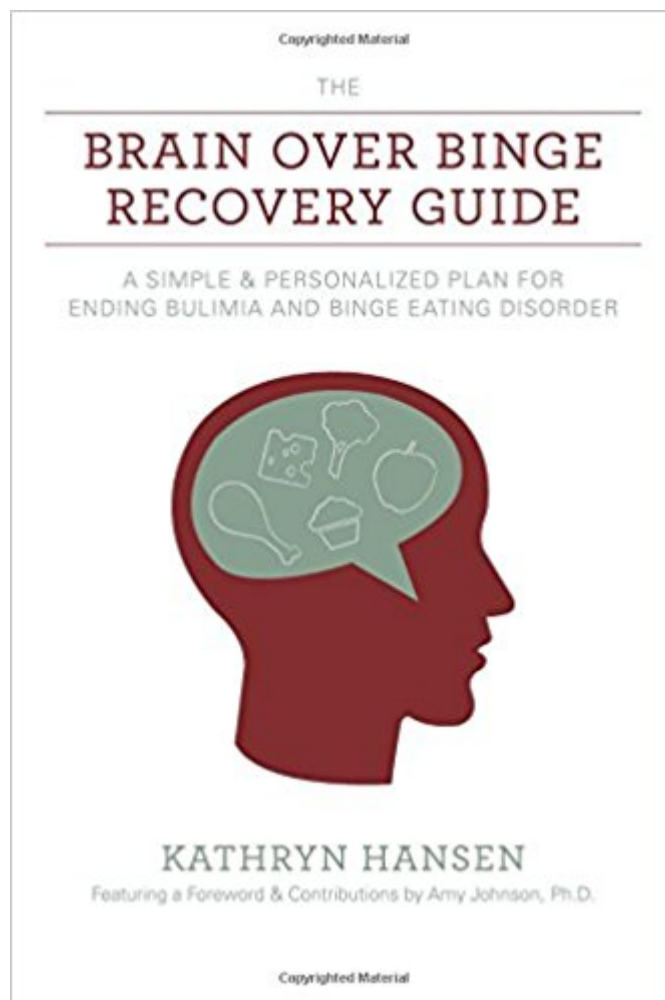




The book was found

The Brain Over Binge Recovery Guide: A Simple And Personalized Plan For Ending Bulimia And Binge Eating Disorder



Synopsis

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 encourages and enables binge eaters to recover 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.

Book Information

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Customer Reviews

"Kathryn's Recovery Guide is brilliant! She breaks down the science and explains in easy-to-understand language how to stop binge eating. This is a must read for anyone looking to finally get a handle on their unhealthy eating patterns." – Stacey Cohen, Integrative Health & Lifestyle Coach

"The Brain over Binge Recovery Guide is a deep dive into the concepts of

Kathryn's original book, *Brain over Binge*. She insightfully anticipates the typical roadblocks her readers will experience, and, in her compassionate expert manner, gives us very actionable and understandable alternate ways to think and behave. I loved *Brain over Binge* and now have another excellent resource to share with my own clients who struggle with binge eating."

-Cookie Rosenblum, MA, Master Weight Loss Coach & Author of *"Clearing Your Path to Permanent Weight Loss"*

"This book is a game changer. It's transformative both for people with bulimia and for therapists and treatment centers alike. I'd recommend to anyone who's looking for a new approach to traditional therapy or who has had recovery relapses to give Kathryn's techniques a try."

-Polly Mertens, Eating Disorder Recovery Coach & Recovered Bulimic

"Kathryn's approach to overcoming binge eating is the most useful and effective I have ever found. Her writings take all of the drama out of eating disorders and simply deliver pure, rational principles in an easy and understandable way. The intent is clear that this is just to help you get better and nothing more ... and it has transformed my life forever."

-Lydia Wentz, Lifestyle Coach & Recovered Binge Eater

Kathryn Hansen recovered from bulimia in 2005; she is now dedicated to educating and empowering women and men who struggle with binge eating. She is the author of *"Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good."*

I highly recommend this book for anyone that has suffered with food issues (anorexia, bulimia, Binge eating, emotional eating). I loved Kathryn Hansen's first book (*Brain Over Binge*). But I feel this *The Brain Over Binge Recovery Guide* goes into more depth in ALL the right places. Many of the new segments address my exact questions and struggles after reading the first book. It really think is worth reading even if you read the first book because it's more of a how-to Guide. It is the most definitive resource on how to break free of bulimia/BED. I have highlighted several sections and bought in Kindle AND paper copy. Every section makes a lot of sense and is intuitive to me. I only wish there was an AUDIOBOOK version for those of us that don't have instant recovery. I noticed my recovery insight comes/came in stages. And it took me awhile to un-do the 30 years of conditioning to rewire my brain and change my perspective on what bingeing "does" for me. There is a simplicity in this approach: 1. Learn to recognize and say no to urges and 2. eat adequately. I personally noticed that my urges dramatically subsided with eating regularly and enough. My urges beyond that are much easier to see as separate from myself and therefore I did not need to act on

them. This book also addresses non-binge eating including non-hungry urges and emotional eating. I realized that my emotional eating triggers really do try to address an emotional lack with food. Now, I know that these can be dealt with other self soothing techniques I've learned from other books (End Emotional Eating). Most importantly, this book really gives HOPE. That yes, we can all recover. I now believe I'm in recovery. I have the insight to face the urges eagerly knowing that I can rewire my brain. The book addresses how important getting excited to be recovered is. Kathryn Hansen and Amy Johnson have captured the best self help guide here that I've ever read or heard about. I'm 40 yrs old and I've been struggling with EDs for over 30 years. I have confidence to face my urges and I'm in control of nourishing my body.

My wife got this to help her eating habits. This book really worked. She has not binge ate since reading it.

finally, an explanation and solution that makes sense. If choosing between the original book and this guide, get this one.

This book has helped me understand my relationship with food ! I have always been afraid of the intuitive eating theory until reading this book! I am getting the theory and applying it to my life! Defiantly glad I bought her and read this book!!

Very informative, interesting, and helpful. A bit too medically technical, which makes for mental "work" more than I would have liked, but I'll keep reading in small increments -- and reread sections to allow my brain to digest smaller bits of information.

Great book! I'm halfway through and loving every word. It's very helpful and exactly what I need right now. I loved Kathryn Hansen's first book but I wanted more and I am so thankful she finally wrote another book.

Cured me! I wasn't even done with the book and I stopped bingeing! So grateful.

This book has made me feel empowered to finally stop binge eating after 7 years. It's so nice to be told that I don't have to figure out all the underlying emotional "stuff," I just have to form new habits to dismiss urges to binge and start eating adequately. I'm grateful to the random podcast that

mentioned this book, because it has changed my perspective so much and given me hope.

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