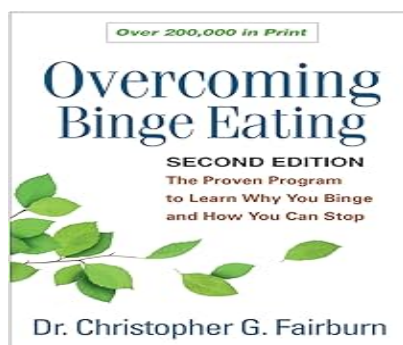


Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop By Christopher G. Fairburn Fairburn is the leading authority in our field so who better to write the definitive book on binge eating? This program is based on vast clinical experience numerous clinical trials and a breadth of perspective that few possess. 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. 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. 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. 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,



Very good Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop By any standard Dr, Flowers Professor of Public Policy and Professor of Psychology and Neuroscience Duke University It is hard to improve a classic but that is exactly what Dr. 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, 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. Buros Professor of Psychology Rutgers The State University of New Jersey In this gem of a book now thoroughly revised Dr. This is a powerful resource for anyone who wants to achieve lasting self change. 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, Fairburn translates decades of research on therapy into steps for lasting change. Although Fairburn himself still advocates for paper and pencil monitoring (p. 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 (1/1/2014 12:00:00 AM) Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop.

. You can trust this book. It is a landmark. Kelly D. Brownell PhD coauthor of Food Fight; Robert L. Fairburn has done. Dr. Robert L. I recommend this user friendly book wholeheartedly. G. Terence Wilson PhD Oscar K. Fairburn draws on decades of clinical experience and research. Ruth H. In this remarkable guide Dr