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It should have been called, "Overcoming Bulimia Nervosa." It concentrates almost exclusively on the psychological issues of bulimics and anorexics, which are very different from those with binge eating disorder. It's clear that binge eating disorder

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was squeezed into the second edition as an afterthought.

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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.

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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.

CHRISTOPHER FAIRBURN OVERCOMING BINGE EATING PDF

Reprinted from Eating Disorders Review September/October Volume 24, Number 5 ©2013 Gürze Books (Dr. Christopher G. Fairburn. Guilford Press, 2013; 243 pages, \$16.95) For several decades, individuals suffering from a variety of eating disorders in the English- speaking world are likely to have encountered the first

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edition of Christopher Fairburn's Overcoming Binge Eating, "published...

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A monitoring record Figure 19 – A summary sheet Figure 30 – A body image record.
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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.

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