



## Binge No More: Your Guide to Overcoming Disordered Eating

By Joyce D. Nash

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Binge No More: Your Guide to Overcoming Disordered Eating, Joyce D. Nash, In "Binge No More," eating disorder specialist Dr. Joyce Nash provides all the information, encouragement, and guidance readers need to transform their relationship with food. Readers will identify with the experiences of other binge eaters whose insightful stories are told throughout the book. Rather than providing a one-size-fits-all solution to binge eating, Dr. Nash provides a variety of sound cognitive therapy techniques and coping strategies to help readers understand their own binge eating problems and overcome them. Therapists and family members concerned about a loved one's eating disorder will also find this book a valuable resource. Based on the most recent scientific research, and reflecting Dr. Nash's many years of clinical experience, this authoritative guide presents clear, step-by-step guidelines that show readers how to: Assess and change binge behavior patternsConfront the negative thoughts that fuel binge eatingIdentify and disarm triggers that set off out-of-control eatingCope with emotions and build interpersonal skillsEstablish stable, healthy eating habits and reduce the risk of relapse.

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