

## **BRAIN OVER BINGE BOOK**



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Brain over Binge provides both a gripping personal account and an informative scientific perspective on bulimia and binge eating disorder. The author, Kathryn Hansen, candidly shares her experience as a bulimic and her alternative approach to recovery.

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### **About Binge Eating Disorder Symptoms Signs Causes**

Binge Eating Disorder (BED) is commonly known by compulsive overeating or consuming abnormal amounts of food while feeling unable to stop and at loss of control. Binge eating episodes are typically classified as occurring on average a minimum of twice per week for a duration of six months. BED was

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