

NAIrb [Free PDF File] Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good

CONTINUE ►

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. Brain over Binge is different from other eating disorder books which typically present binge eating and purging as symptoms of complex emotional and psychological problems. Kathryn disputes this mainstream idea and explains why traditional eating disorder therapy failed her and fails many. She explains how she came to understand her bulimia in a new way - as a function of her brain, and how she used the power of her brain to recover - quickly and permanently. Kathryn also sheds new light on eating disorder topics such as low self-esteem, poor body image, and dieting. Brain over Binge is a brave book that has helped many by delivering an informed and inspiring message of free will, self-reliance, and self-control.

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