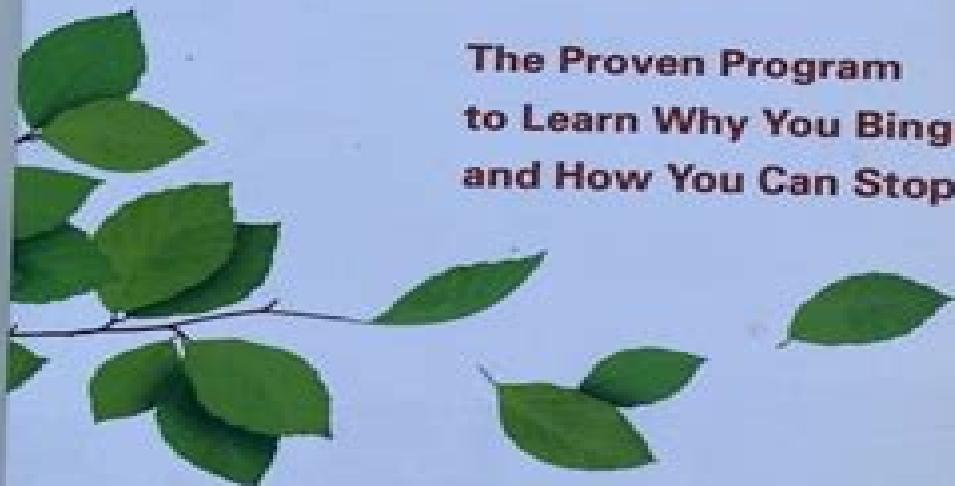


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Overcoming Binge Eating

SECOND EDITION

**The Proven Program
to Learn Why You Binge
and How You Can Stop**



Dr. Christopher G. Fairburn

Overcoming Binge Eating Christopher Fairburn

Carolyn Costin

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Overcoming Binge Eating Christopher G. Fairburn, 2013-07-11 This trusted bestseller provides all the information needed to understand binge eating and bring it under control whether you are working with a therapist or on your own 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 It features expanded coverage of body image issues and enhanced strategies for achieving and maintaining a transformed relationship with food and your body Association for Behavioral and Cognitive Therapies ABCT Self Help Book of Merit

Overcoming Binge Eating Christopher G. Fairburn, 1995 A Reading Well Books on Prescription Title Winner of the Association for Behavioral and Cognitive Therapies ABCT Self Help Seal of Merit Do you have a binge eating problem or know someone who does This authoritative book provides all the information needed to understand binge eating and bring it under control Whether you are working with a therapist or on your own clear step by step guidelines will show you how to overcome the urge to binge gain control over eating behavior reduce the risk of relapse establish stable healthy eating habits This unique book has been tested in controlled clinical research and its success rate is outstanding From a leading international expert here is the advice encouragement and detailed guidance that can help you transform your relationship to food

Summary of Christopher G. Fairburn's Overcoming Binge Eating, Second Edition

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Binge eating is when a person eats large amounts of food in a short period of time It is a major problem for many people and not just those in the Western world 2 The meaning of the word binge has changed over the years It has been in common use since the mid nineteenth century when it meant chiefly a heavy drinking bout according to the Oxford English Dictionary However today dictionaries often define a binge in terms of overeating 3 People often describe a feeling of altered consciousness during a binge They feel as if they are in a trance and their behavior seems almost automatic They eat quickly and dry out the food by drinking a lot of water 4 The typical binge is done in secret Some people are so ashamed of their binge eating that they go to great lengths to hide it including by eating in a relatively normal manner when they are with others

Food Addiction, Obesity, and Disorders of Overeating Claire E. Wilcox, 2021-09-30 This book is written for providers of broad training backgrounds and aims to help those who care for people with EDs overweight and obesity provide evidence based care The goal of the book is to provide these providers with a straightforward resource summarizing the current standard of care However it goes further by also introducing the concept of food addiction FA as a model to understand some forms of overeating This book discusses the pros and cons of embracing FA and reviews the evidence for and against the validity and utility of FA By doing so the chapters convey a middle ground approach to help people with

obesity BED and bulimia nervosa plus FA symptomatology who also want to lose weight The text discusses FA by reviewing several of the main ongoing controversies associated with the construct It reviews both the clinical and neuroscientific evidence that some individuals eating behavior mirrors that seen in substance use disorders SUD such as how their relationship with food appears to be addictive Chapters also discuss how many of the mechanisms known to underlie SUDs appear to drive overeating in animal models and humans Finally the text argues that the similarities between the brain mechanisms of addictive disorders and overeating behavior has the potential to open up new avenues for current treatment and treatment development Food Addiction Obesity and Disorders of Overeating An Evidence Based Assessment and Clinical Guide is suited for both medical and mental health practitioners including physicians in primary care or psychiatry nurses psychologists social workers medical students and medical residents It could also be utilized by researchers in obesity and ED fields stimulating ideas for future research and study design

The Eating Disorder Sourcebook Carolyn Costin,1999-10-22 Provides a compassionate and comprehensive look at this potentially fatal disorder through a multidimensional approach that incorporates nutritional psychological and biochemical aspects Costin addresses questions about the cause treatment and prevention of anorexia nervosa bulimia binge eating disorder and activity disorder Patients families and professionals may avail themselves of up to date information on treatment programs family therapy and support groups

Managing Your Mind Gillian Butler,Tony Hope,1997 Integrating techniques of management with those of psychology mixing feeling with action and work with play this book is both an invitation to enjoy life to its fullest and a guide for achieving such enjoyment Butler and Hope present practical ways of improving relationships mood health and work while at the same time showing ways to build self confidence overcome anxiety and depression and more 9 illustrations

The Unofficial Guide to Dieting Safely Janis Jibrin,1998-09-25 Gives consumers a foolproof appraisal of what works and what doesn't with unbiased recommendations that are not influenced by any company product or organization

The Behavior Therapist ,1995 **Feminist Bookstore News** ,1995-02

Counselling for Eating Disorders Sara Gilbert,2000-05-02

The text is well referenced with a thorough bibliography Overall this would seem a particularly suitable book for individuals with a general mental health training who are starting work with this patient group It deserves to be widely read European Eating Disorders Review An invaluable resource for anyone working in or wishing to know more about eating disorders for those new to eating disorders there are some useful appendices that would give a head start to anyone entering this specialty If you work in eating disorders this book would be a frequently used addition to your bookshelf Dietetics Today This excellent evidence based book begins by providing an overview of eating disorder definitions using DSMIV prevalence and differing causes I found the book free from jargon and enjoyable to read I would recommend it as a valuable resource to anyone with an interest in cognitive behavioural therapy and its application to working with eating disorder clients Association for University and College Counselling Newsletter The book is written from a cognitive behavioural perspective and gives an in

depth account of how to structure assessment and treatment It is sensible thoughtful and full of helpful how to advice for the therapist The book is complemented by several appendices which contain information that can be given to patients e g about eating disorders and their medical consequences further reading guidelines for healthy eating and practical suggestions for how to begin to change Ulrike Schmidt Behaviour Research and Therapy This book provides an up to date account of current definitions and causes of abnormal eating patterns It then considers the theoretical basis and practical effectiveness of using cognitive behavioural therapy in the treatment of clients The key issues related to counselling these client groups are dealt with in detail with additional chapters devoted to assessing clients and engaging them effectively in treatment awareness of their nutritional needs behavioural and cognitive skills for addressing abnormal eating patterns and addressing the meaning of eating disorder symptoms in the context of the lives of individual clients Case studies and examples are used throughout the text to help relate theory to practice while extensive appendices provide key information about eating disorders and about ways in which clients can help themselves

If You Think You Have an Eating Disorder John Barnhill,Nadine Taylor,1998 Just a picky eater Or something more Do you have an intense fear of getting fat Do you diet by starving using laxatives vomiting Are you a compulsive overeater If any of these behaviors sounds familiar you may have an eating disorder an illness that affects eight million American women and one fifth of those who are obese This eye opening guide provides crucial information on prevention where to get help and what treatments can best cure eating disorders including anorexia which is now tragically the leading cause of death among America s young women Discover The specific stages in life when an eating disorder is likely to develop and why going off to college is one of them Which personality characteristics are found among girls at highest risk How to recognize the signs of an eating disorder in progress How dieting can make you mentally and physically vulnerable to developing an eating disorder Why eating more can help you to stop bingeing Warning signs Who is most at risk Coping strategies for families and friends The latest information on prevention new treatments and more

Psychology Today ,1969-10 **The Psychologist** ,2005 **Christian Family Guide to Losing Weight** Lucy Beale,Sandy G. Couvillon,Edna C. Brown,2004 Nourish your family body and soul Giving detailed overviews of various diets these authors show how dieters can lose weight without starving the body or spirit With Bible related milestones it includes information on stress eating metabolism carbohydrates fats and more And it helps readers understand and design a nutritional weight loss plan with exercise e Presents charts and tables for family meal planning challenging popular eating philosophies and providing nutritional information every parent should know e Weight loss and the spiritual life can go hand in hand as the dieter finds strength in taking better care of the body *The Eating Disorders Sourcebook* Carolyn Costin,2007 Publisher Description **No Ordinary Life** Sandy Knauer,2000 Sandra Knauer offers hopefulness for healing in families suffering with abuse issues and treating sexual abuse in a multi generational setting **BOOK JACKET** **The Essential 1998 Women's Health Guide** ,1997 **WHO Guide to Mental and Neurological Health in Primary Care: A**

Guide to Mental and Neurological Ill Health in Adults, Adolescents and Children, 2nd Edition Rachel Jenkins,2004-03-02 Adapted for the UK with permission from Diagnostic and management guidelines for mental disorders in primary care ICD 10 chapter V primary care version Eating Disorders Suzanne Abraham,Derek Llewellyn-Jones,1997 This is the fourth edition of a successful title which covers anorexia nervosa bulimia nervosa and obesity their causes diagnosis self help medical treatment and outlook for sufferers In this new edition the authors have added more information about eating behaviour dieting patterns and weight control measures used by young people When the Mirror Lies Tamra B. Orr,Tamra Orr,2007 Provides a detailed overview of warning signs and physical and psychological side effects of eating disorders

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