

# The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)

By Carolyn Ross

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## **The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) By Carolyn Ross**

Some people use food to calm themselves when they feel overwhelmed. Others find it difficult to discern between eating out of hunger and eating out of habit. There are nearly as many reasons why people overeat as there are reasons to stop. While overeating can often bring comfort in the short term, it can lead to feelings of guilt later on. If you feel like you're caught in a cycle of unhealthy eating that you can't stop, this workbook can help you overcome it.

In **The Binge Eating and Compulsive Overeating Workbook**, you'll learn skills and nutrition guidelines recommended by doctors and therapists for healthy eating and how to quell the often overpowering urge to overeat. Using a variety of practices drawn from complementary and alternative medicine, you'll replace unhealthy habits with nourishing rewards and relaxation practices. This potent combination of therapies will help you end your dependence on overeating as a way to cope with unpleasant feelings and shows you how to develop new strategies for a healthier lifestyle.

This workbook will help you:

- Identify the trigger foods and feelings that spur you to binge or overeat
- Determine how stress, depression, and anxiety may be affecting your eating
- Calm yourself in stressful times with nourishing self-care practices
- Learn to appreciate and accept your body

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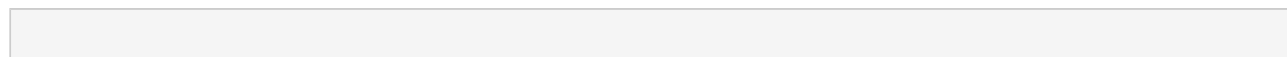
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### Editorial Review

#### Review

"Dr. Carolyn Ross's workbook is a breath of fresh air! Jam-packed with cutting edge information, *The Binge Eating and Compulsive Overeating Workbook* helps readers find freedom and health in our weight-obsessed culture. By shedding light on the truth about recovering from binge-eating disorder and compulsive overeating, this book promises to make a real difference in people's lives."

—Jenni Schaefer, author of *Life Without Ed* and *Goodbye Ed, Hello Me*

"Dr. Ross's holistic explanation of binge eating and obesity can change our views of dieting forever. She has lectured to medical and professional audiences about changing our country's dieting mentality. Her wisdom about healing the relationship with food, weight, and body image is presented in a way that finally makes sense. This book can make a difference that can last a lifetime."

—Rebecca Cooper, MA, CCH, CEDS, author of *Diets Don't Work* and founder of Rebecca's House Eating Disorder Treatment Programs

"This is the best practical information I've seen on managing eating disorders. Dr. Carolyn Coker Ross's sound advice can help the many people trapped in destructive relationships to food regain control of their lives and health."

—Andrew Weil, MD, integrative medicine pioneer and author of *Eight Weeks to Optimum Health* and *Healthy Aging*

#### From the Publisher

**The Binge Eating and Compulsive Overeating Workbook** offers a comprehensive recovery program for people with binge eating disorder and other overeating disorders. Readers will learn to use proven complementary and alternative medicine therapies to develop a healthy relationship to food and eating.

#### About the Author

**Carolyn Coker Ross, MD, MPH**, is an integrated medicine physician, author, and nationally recognized speaker. She is a graduate of the University of Michigan Medical School, and an alumna of Andrew Weil's integrative medicine program at the University of Arizona. Board certified in addiction medicine, Ross is former chief of the eating disorders program at Sierra Tucson, an internationally acclaimed addiction treatment center in Tucson, AZ. She is currently in private practice in Denver, CO, and San Diego, CA, and is a consultant for the Integrative Life Center in Nashville, TN, and other eating disorder and chemical dependency treatment centers nationally. She is author of *The Binge Eating and Compulsive Overeating Workbook*.

## **Users Review**

### **From reader reviews:**

#### **Candice Delgado:**

Reading a book tends to be new life style within this era globalization. With reading through you can get a lot of information that will give you benefit in your life. Having book everyone in this world can share their idea. Publications can also inspire a lot of people. Lots of author can inspire their reader with their story or maybe their experience. Not only the storyplot that share in the publications. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors in this world always try to improve their talent in writing, they also doing some analysis before they write on their book. One of them is this *The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)*.

#### **Andrew Schulz:**

Is it anyone who having spare time after that spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This *The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)* can be the response, oh how comes? It's a book you know. You are so out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these publications have than the others?

#### **Laveta Blodgett:**

A lot of reserve has printed but it is unique. You can get it by net on social media. You can choose the most effective book for you, science, comedian, novel, or whatever by searching from it. It is named of book *The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)*. Contain your knowledge by it. Without departing the printed book, it can add your knowledge and make anyone happier to read. It is most essential that, you must aware about reserve. It can bring you from one destination to other place.

#### **Rex Vogler:**

What is your hobby? Have you heard this question when you got students? We believe that that issue was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. And you know that little person similar to reading or as studying become their hobby. You need to understand that reading is very important as well as book as to be the matter. Book is important thing to include you knowledge, except your own teacher or lecturer. You will find good news or update concerning something by book. Numerous books that can you go onto be your object. One of them is this *The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)*.

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