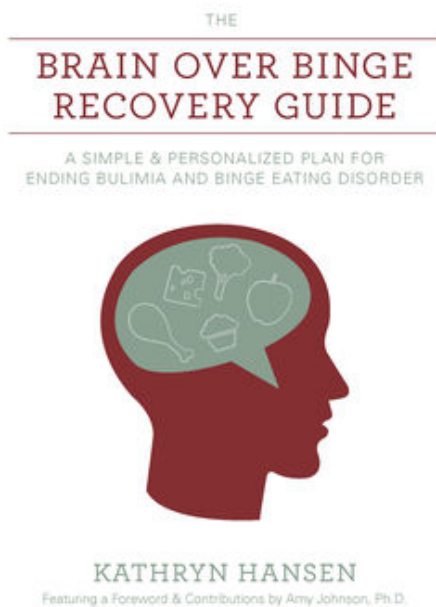


# Download gratis bøger The Brain Over Binge Recovery Guide (PDF - ePub - Mobi) Kathryn Hansen & Amy Johnson, Ph.D. DbsBook



This book is a much-requested follow-up to "Brain over Binge" (2011), in which the author shared how she used a basic understanding of neuroscientific principles to overcome bulimia. In this sequel and companion volume, with the help of fellow specialists and authors Amy Johnson, Ph.D., Katherine Thomson, Ph.D., and others, Kathryn Hansen lays out those same principles—and many more—in a self-help format that encourages and enables binge eaters to recover efficiently and effectively. Although recovery is not the same for everyone, this book posits that there are only two essential goals that must be met to end bulimia and binge eating disorder: (1) learning to dismiss urges to binge and (2) learning to eat adequately. As you work toward these goals with a streamlined focus, you will discover your own strength, develop your own insights, and put into practice ideas and behaviors that work uniquely and authentically for you. The Brain over Binge Recovery Guide is comprehensive in its length and scope, but utterly simple in its approach: You will read and use only what you need—continuing on in the book if

you feel you need more information and guidance; putting it down and moving on with your life when you feel you're ready—so that you can start living binge-free as quickly and easily as possible.

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| <b>Titel</b>     | : | The Brain Over Binge Recovery Guide |
| <b>Forfatter</b> | : | Kathryn Hansen & Amy Johnson, Ph.D. |
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