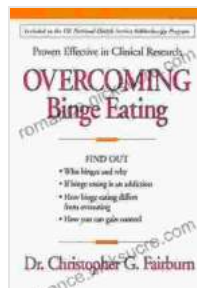


The Proven Program To Learn Why You Binge And How You Can Stop



Overcoming Binge Eating, Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop by Christopher G. Fairburn

★★★★☆ 4.3 out of 5

Language	: English
File size	: 3324 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 299 pages



If you're struggling with binge eating, you're not alone. Millions of people suffer from this condition, and it can be incredibly frustrating and embarrassing. But there is hope. With the right help, you can learn why you binge and how you can stop.

What is binge eating?

Binge eating is a serious eating disorder that involves consuming large amounts of food in a short period of time. Binge eaters often feel out of control during these episodes and may eat until they are uncomfortably full. Binge eating can lead to a number of health problems, including weight gain, obesity, heart disease, and diabetes.

What causes binge eating?

There are a number of factors that can contribute to binge eating, including:

- **Genetics:** Some people may be more likely to develop binge eating due to their genes.
- **Trauma:** People who have experienced trauma, such as abuse or neglect, may be more likely to develop binge eating.
- **Emotional dysregulation:** People who have difficulty managing their emotions may turn to food for comfort.
- **Dieting:** Restrictive dieting can lead to binge eating, as it can create a sense of deprivation.

How can I stop binge eating?

There is no one-size-fits-all approach to stopping binge eating. However, there are a number of evidence-based treatments that can help, including:

- **Cognitive-behavioral therapy (CBT):** CBT helps people to identify and change the negative thoughts and behaviors that contribute to binge eating.
- **Dialectical behavior therapy (DBT):** DBT helps people to learn how to manage their emotions and cope with stress without turning to food.
- **Interpersonal therapy (IPT):** IPT helps people to improve their relationships and communication skills, which can help to reduce stress and binge eating.
- **Medication:** Some medications, such as antidepressants and anti-anxiety medications, can help to reduce the symptoms of binge eating.

Other tips for stopping binge eating

In addition to professional treatment, there are a number of other things you can do to help stop binge eating, including:

- **Eat regular meals:** Eating regular meals can help to regulate your blood sugar levels and prevent you from getting too hungry.
- **Avoid trigger foods:** Identify the foods that trigger your binge eating episodes and avoid them.
- **Get regular exercise:** Exercise can help to reduce stress and improve your mood, which can help to prevent binge eating.
- **Get enough sleep:** When you're sleep-deprived, you're more likely to make poor food choices and binge eat.
- **Seek support:** Talk to your family, friends, or a therapist about your struggles with binge eating. Seeking support can help you to feel less alone and more motivated to change.

Recovery from binge eating

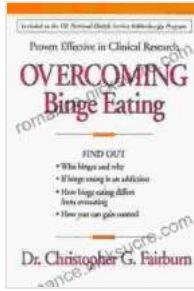
Recovery from binge eating is a journey, not a destination. There will be setbacks along the way, but don't give up. With the right help and support, you can overcome binge eating and live a healthy, fulfilling life.

If you're struggling with binge eating, please don't hesitate to seek help. There is hope. You can recover from binge eating and live a happy, healthy life.

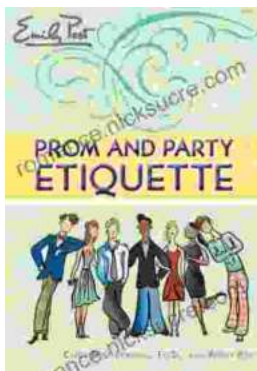
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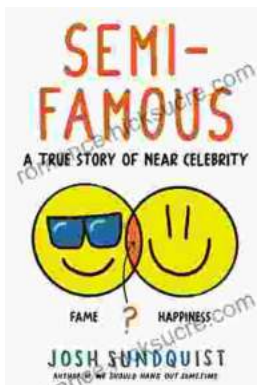


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