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Fri, 12 Oct 2018 10:54:00 GMT - The Brain over Binge answers to WHY you binge are not complicated, and are actually rooted in your own HEALTHY brain. As humans, we have wonderful cognitive abilities; but we also have a primitive nature thatâ€™s only concerned with our survival and pleasure.

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Fri, 31 Dec 2010 23:54:00 GMT - The charts included in The Brain over Binge Recovery Guide are available for download on this page as PDFs. This is especially useful for printing extra copies, and for those who have the Kindle version (Kindle technology does not support adding notes into individual sections of a chart).

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Thu, 04 Oct 2018 12:08:00 GMT - 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: Why I Was Bulimic, Why Conventional ... -

Sat, 22 Sep 2018 02:00:00 GMT - Brain over Binge is different than 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.

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Tue, 11 Sep 2018 15:20:00 GMT - This cycle was repeated over and over. only to eventually succumb to my desire to binge. why I thought about food constantly. I didn't understand why I was caught up in this pattern. I was successful for a few days at a time.

266792078-Brain-Over-Binge.pdf | Bulimia Nervosa | Binge ... -

Tue, 17 May 2016 05:28:00 GMT - Why exactly is Brain Over Binge so effective? - posted in BED Discussions: Hi, guys, My question might be dumb, but I was wondering what the exact reason why reading Brain Over Binge is so effective was.

Why exactly is Brain Over Binge so effective? - BED ... -

Fri, 28 Sep 2018 03:04:00 GMT - Brain Over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't™t Work, and How I Recovered For Good posits that the root of the disorder lies in its neurological underpinnings and is, in fact, the result of a healthy but misdirected brain.

Book Review: Brain Over Binge - Psych Central -

Sat, 06 Oct 2018 06:58:00 GMT - This concept is definitely an offshoot of "mind over matter"