

1. Record Nr.	UNINA9910794137803321
Autore	Marson Gia
Titolo	The binge eating prevention workbook : an eight-week individualized program to overcome compulsive eating and make peace with food / / Gia Marson, Danielle Keenan-Miller, Carolyn Costin
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, , [2020] ©2020
ISBN	1-68403-362-4
Descrizione fisica	1 online resource (257 pages)
Disciplina	616.8526
Soggetti	Compulsive eating - Prevention Eating disorders - Patients - Rehabilitation
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Contents -- Foreword -- Chapter 1. The Building Blocks of Success -- Chapter 2. Your Binge Eating Decoder -- Chapter 3. Refuse to Diet-and What to Do Instead -- Chapter 4. Week 1: Visualize Your Winning Game Plan -- Chapter 5. Week 2: The Seven Rules of Goals That Work -- Chapter 6. Week 3: Change Your Thinking -- Chapter 7. Week 4: Ride the Waves of Emotions and Cravings -- Chapter 8. Week 5: Eating and Living Mindfully -- Chapter 9. Week 6: Cultivate More Satisfying Relationships to Make Peace with Food -- Chapter 10. Week 7: Choose to Improve Your Environment -- Chapter 11. Week 8: Connect to Your Values -- Chapter 12. Build Your Individualized Binge Eating Prevention Plan -- Acknowledgments -- References -- About the Authors.
Sommario/riassunto	Every person who suffers from binge-eating disorder is unique--and what may help one person overcome compulsive eating may not work for another. That's why The Binge Eating Prevention Workbook offers a wide range of evidence-based tools to help readers of all ages and backgrounds take control of their eating habits. Using the eight-week protocol in this book, readers will learn how to recognize their triggers, cope with difficult emotions, improve relationships, and stay healthy.