

Conquering Eating Disorders

Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder
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Intuitive Eating, 2nd Edition
Overcoming Anorexia Nervosa

Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder

"Since childhood, Judy Collins has been preoccupied, haunted, seduced, and taunted by food, a problem that nearly cost her her career and her life. For decades she thought her food issues were moral issues--lack of self-will, lack of discipline--and she worked hard at controlling what she thought of as her shameful inclinations, employing measures that led to serious health complications. Today she knows she was born with an addiction to sugar and grains, flour and wheat. The discovery of a solution to her problem prompted the desire to share what she has learned, which has brought her peace of mind, a clean food plan, years of maintaining the same weight, and a glow of joy and health"--

Eating Disorders: A Reference Sourcebook

One out of every one hundred young women is anorexic. Four out of every one hundred are bulimic. Overall, research suggests that eight million Americans—men and women—have an eating disorder. Yet in the face of these startling statistics, parents do not have a clear understanding of how to help their child overcome an eating disorder. In *Conquering Eating Disorders*, Susan Cooper, a licensed psychologist and group psychotherapist, and Peggy Norton, a dietician with thirty years of experience, bridge the gap between the statistics and the real-life issues to help teens and parents gain the communication skills necessary to support the healing process. Parents need to know that only in *Conquering Eating Disorders* will you hear directly from teens struggling with eating disorders and get expert advice on how to interpret and respond to what your teen is saying—even when they're not talking.

Conquering Binge Eating

Explores the nature of midlife eating disorders, looking at why they develop, how their unique challenges set them apart from those that occur earlier in life, and the path to recovery.

The Eating Disorder Sourcebook

If your teenager shows signs of having an eating disorder, you may hope that, with the right mix of love, encouragement, and parental authority, he or she will just "snap out of it." If only it were that simple. To make matters worse, certain treatments assume you've somehow contributed to the problem and prohibit you from taking an active role. But as you watch your own teen struggle with a life-threatening illness, every fiber of your being tells you there must be some part you can play in restoring your child's health. In *Help Your Teenager Beat an Eating Disorder*, James Lock and Daniel Le Grange--two of the nation's top experts on the treatment of eating disorders--present compelling evidence that your involvement as a parent is critical. In fact, it may be the key to conquering your child's illness. *Help Your Teenager Beat an Eating Disorder* provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life-sustaining attitudes, day by day, meal by meal. Full recovery takes time, and relapse is common. But whether your child has already entered treatment or you're beginning to suspect there is a problem, the time to act is now. This book shows how.

Eating Disorders

Is food somethin you use for nourishment - or use to gain release from emotional pain? *Conquering Eating Disorders: A Christ-Centered 12 -Step Process* is an effective, proven program for anyone who ever has experienced the debilitating disorders of anorexia, bulimia, or compulsive overeating. Employing a Christ-centered, 12-step process toward recovery, *Conquering Eating Disorders* tackles the compulsive-addictive patterns that cause a person to use food as his or her means to gain control or to medicate painful feelings. *Conquering Eating Disorders* offers hope and healing as it explores - * what eating disorders are - and are not* why these disorders occur* how to replace poor eating habits with responsible behaviors* how to recover with God's help, through openness and honesty

8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health)

Originally developed as a manual for anorexia patients at his eating disorders clinic in the Royal Edinburgh hospital, Chris Freeman's is the first self-help book based on cognitive behavioural therapy to counter this most notorious and widespread of eating disorders. It occurs most frequently among young women, but affects both men and women of all ages, in all social groups, internationally. The first part of this groundbreaking guide provides an introduction to the subject of anorexia nervosa and its treatment using cognitive behavioural techniques for therapists, sufferers and their families. The second part is a self-help programme for recovery based on the treatment, which the author has used in his work with hundreds of patients. Cognitive Behavioural Therapy is a now internationally established method of treating emotional disorders such as anorexia, depression and panic by changing negative patterns of thought. The Robinson series of self-help guides based on CBT, written by practising clinical psychologists, has proved itself accessible and highly effective, and the series' reputation and sales increase with every year.

Conquering Eating Disorders

It's never too late to make peace with food. Are you tired of eating the same 15 foods, ordering off the kids' menu, or feeling anxious or embarrassed about what you eat? You are not alone, and it can get better. Written by a speech pathologist specializing in feeding and a family

doctor specializing in relational feeding, this workbook shares tips and strategies to help you get unstuck. It's a no-pressure, how-to guide filled with ideas and activities to explore at your own pace. Understand why you eat the way you do and take control of your path forward. Reclaim your place at the table-and restore your health and wellbeing. "These wise authors cover everything from the mechanics of trying/learning to like new foods to recovering from the shame of not being adventurous with eating. I will recommend this book to many, many clients." -Elizabeth Jackson, MS, RDN, LDN "A long overdue, step-by-step guide that actually helps teens and adults make peace with food." -Skye Van Zetten, founder of Mealtime Hostage blog and online parent-peer support group

Life Without Ed

Highly practical and clinician friendly, this book provides evidence-based tools for tailoring psychotherapy to the needs of clients with bulimia nervosa or eating disorder not otherwise specified (EDNOS), including binge-eating disorder. It offers specific guidance for conducting thorough clinical assessments and conceptualizing each case in order to select appropriate interventions. A proven cognitive-behavioral treatment protocol is presented and illustrated with a chapter-length case example. In a convenient large-size format, the book includes a session-by-session treatment plan and 20 reproducible forms, handouts, and worksheets that clinicians can photocopy or download and print for repeated use.

Wasted

This book provides the first comprehensive guide to the practice of "enhanced" cognitive behavior therapy (CBT-E), the latest version of the leading empirically supported treatment for eating disorders. Written with the practitioner in mind, the book demonstrates how this transdiagnostic approach can be used with the full range of eating disorders seen in clinical practice. Christopher Fairburn and colleagues describe in detail how to tailor CBT-E to the needs of individual patients, and how to adapt it for adolescents and patients who require hospitalization. Also addressed are frequently encountered co-occurring disorders and how to manage them. Reproducible appendices feature the Eating Disorder Examination interview and questionnaire.

Overcoming Eating Disorder

Eating disorders such as anorexia nervosa and bulimia nervosa pose a grave danger to the health of thousands of Americans each year. This sourcebook brings together in a single volume an extensive amount of information and resources regarding the diagnosis and treatment of these potentially life-threatening conditions. This volume is a substantially updated and expanded version of *Controlling Eating Disorders with Facts, Advice, and Resources* (Oryx, 1992).

Overcoming Eating Disorders

Eating disorders and body images problems are quite common among athletes, and this may be a pointer to a bad issue that is often overlooked. Eating disorders have been discovered but most times kept a secret in most sports. It may be undiagnosed or concealed merely due to the competitive nature of the games. Athletes may engage in harmful nutritional practices, strict diets or dietary supplements. Purging, restrictive diets and bingeing have devastating impacts

on the general well-being of such people. These acts are carried out to improve their performances, but the results may often prove counterproductive. The performance of athletes suffering from eating disorders may spike and then a downhill spiral which leads to further health problems arises. If left untreated or overlooked, it can be life-threatening. Just like these problems are found in the general populace, so it also affects a significant number of athletes. This book aims to bring to the fore simple and easy to practice diagnostic practices for both the athlete, coaches and people around high-performance athletes who are often under significant stress to up their output levels. Are you an athlete with symptoms of an eating disorder and you keeping it under wraps? Are you a mentor, coach, parent or someone with significant influence over an athlete? Get this book now and start the journey towards healing and sustainable performance.

Overcoming Your Eating Disorder

I am sure at this stage of your life, you would have heard of terms like anorexia nervosa, bulimia nervosa, and out-of-control purging and bingeing. All these medical terms are all classified under one category which is eating disorder. So what is eating disorder then? Basically, eating disorder is an eating habit which is not normal due to insufficient or overly sufficient intake of food per day prior to the normal eating habit. A person who has eating disorder would normally be involved in a struggle of excessive eating or unreasonable dieting. They are also unhappy with their weight, body size, and shape. This would actually bring down one's self-esteem. Additionally, there are some people who suffers from eating disorder and they would eat non-stop and as a result, they would keep gaining weight. In this book, we'll dive deeper into the root causes of this disorder. Book Content Includes: Chapter 1 - What Do You Really Know About An Eating Disorder? Chapter 2 - Letting Go Of Fear And Anxiety Chapter 3 - School, Eating Disorders, and Academic Achievement: A Formula for Failure Chapter 4 - The Eating Disorder Epidemic Chapter 5 - Defining Symptoms of Binge Eating Disorder Chapter 6 - How To Prevent A Bulimia Eating Disorder Relapse Chapter 7 - 5 Ways to Feel Better About Yourself Now Chapter 8 - Getting Over Eating Disorders

Overcoming Binge Eating For Dummies

Patients are guided to objectively observe their own eating patterns, including contexts in which problematic eating takes place. Through careful education, patients are guided toward normalizing their eating patterns as a way of breaking the deprivation/ binge cycle. Alternative pleasurable activities to problematic eating are explored. Patients are encouraged to explore problematic thoughts associated with bingeing and purging and taught to challenge these thoughts. This Client Workbook is intended to be used by individuals with Bulimia Nervosa or binge-eating disorder, under the supervision of a qualified professional who can help them stay on track and overcome obstacles. The Client Workbook contains background information that will improve the client's understanding of Bulimia Nervosa and binge-eating disorder and its treatment with cognitive-behavioral therapy. Each chapter presents important educational material, relevant exercises, homework assignments, and self-assessments. In general, the client should plan on proceeding at a pace of approximately one chapter per session.

Getting Better Bit(e) by Bit(e)

The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the

book to read." —Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., *Life Without Ed* provides hope to the millions of people plagued by eating disorders. Beginning with Jenni's "divorce" from Ed, this supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than *Life Without Ed*. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come." —Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of *Spiritual Approaches in the Treatment of Women with Eating Disorders* "[*Life Without Ed*] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it." —Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital "This uplifting book's intimate inner dialogue has energized countless young women—and men—in their own recoveries from eating disorders." —Leigh Cohn, MAT, CEDS, coauthor of *Making Weight: Men's Conflicts with Food, Weight, Shape & Recovery* "Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to know her and her story." —Jamie-Lynn Sigler, actress

Conquering Eating Disorders: Leader's Guide

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, *Wasted* is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

The Complete Guide to Overcoming Eating Disorders, Perfectionism and Low Self-Esteem (ebook bundle)

This guideline has been developed to advise on the identification, treatment and management of the eating disorders anorexia nervosa, bulimia nervosa, and related conditions. The guideline recommendations have been developed by a multidisciplinary group of health care professionals, patients and their representatives, and guideline methodologists after careful consideration of the best available evidence. It is intended that the guideline will be useful to clinicians and service commissioners in providing and planning high quality care for those with

eating disorders while also emphasizing the importance of the experience of care for patients and carers.

Regaining Your Self

Like other eating disorders, anorexia is especially common among teens and young adults. Anorexia is a serious disease that, in a small but significant percentage of patients, can end in death. However, it is also a condition that can be treated; meaningful recovery is a real possibility. This volume lays out the symptoms of anorexia and explains risk factors for the disease. It offers advice on getting healthy, encompassing both tips for healthy living and suggestions about how—and whom—to ask for help. A Myths and Facts section helps dispel some common misconceptions about anorexia, while the back matter contains a useful list of organizations readers can contact to get help or to learn more about the disease.

Help Your Teenager Beat an Eating Disorder

We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

The Search for Significance

This story of the creation of the Calumet Area emphasizes the relationship between the physical geography of the area and the settlement patterns that developed there

Conquering Eating Disorders

As many as one in 20 women in the western world suffer bouts of uncontrolled binge-eating. Going without food for long periods, making yourself vomit and taking laxatives you don't need are also common and are symptoms of bulimia nervosa. Such illness costs lives if not successfully treated. Now in its second edition, Peter Cooper's sympathetic and highly acclaimed guide gives a clear explanation of the disorder and the serious health issues that can result from it. He describes the treatments available today and, most importantly, sets out a self-help guide for those who want to tackle their difficulties for themselves, with a step-by-step programme. This is a real chance for sufferers to take the road to recovery, and will give their friends and family a much clearer understanding of the illness and its remedy.

My Thin Excuse

People living with eating disorders find it hard to take the step of choosing recovery, often

because the disorder has developed as a way of 'coping' with problems or stresses in their life. This book outlines new and positive ways of dealing with eating disorders for people living with eating disorders and their families. A practical workbook written by someone who has lived with eating disorder, it provides advice and strategies to aid understanding and to help the reader to gain control of their illness. Anna Paterson leads the reader through easy-to-use therapeutic exercises, such as describing the pros and cons of an illness, writing a farewell letter to it, and using role-reversal scenarios to get a new perspective on their attitude to eating. She emphasizes the importance of taking things at your own pace and in the final section of the book provides a set of diet plans specifically designed for anorexics, bulimics and compulsive overeaters. This book will be valued by people living with eating disorders and their families, and also the psychologists and psychotherapists, counsellors, health professionals and social workers who work with them.

The Eating Disorder Handbook

A workbook for Christians offers advice on how to appreciate the love of Jesus Christ while achieving a sense of self-esteem that is not compromised by the opinions of others or negative beliefs. Simultaneous.

Overcoming Bulimia Nervosa and Binge Eating 3rd Edition

Overcoming Eating Disorders

If you restrict, binge, purge, excessively diet or weigh yourself, exercise compulsively, or engage routinely and obsessively in any other food or weight related behaviors, this book will help you find the road to recovery. The authors, one a former patient of the other, both have their own histories battling the disorder. Interweaving personal narrative with the perspective of their own therapist-client relationship, their insights bring an unparalleled depth of awareness into just what it takes to successfully beat this clinical issue.

Conquering Anorexia

Set against the backdrop of the "perfect" middle-class family, Messinger's story tells of her need to excel in school and her budding career on the sets of America's most popular television shows.

Overcoming Eating Disorders

An updated edition of the essential guide by two prominent eating disorder specialists. In a society that favors a slim body image, eating disorders such as anorexia and bulimia are an ongoing risk—and not only for teenage girls. Written by two experts in the field, this authoritative, compassionate guide gives families, friends, and sufferers the help they need, covering: How people get hooked on the binge-purge cycle The invisible causes of eating disorders The medical effects of anorexia and bulimia Why eating disorders can be missed by parents, teachers, and friends How to heal through both self-help and professional help "Lively, inspirational, and full of firsthand accounts." —Shape

Conquer Picky Eating for Teens and Adults

The coauthor of the classic *Dying to Be Thin* now offers a new understanding and approach to eating disorders.

Overcoming Binge Eating, Second Edition

Eating disorders, such as anorexia nervosa, bulimia nervosa and binge and disordered eating, affect a significant proportion of the general population. They can cause untold suffering to those with the disorder, and those around them, who find themselves at a loss how to help their loved one. For the first time, this unique bundle combines hope and inspiration to those experiencing eating disorders either first-hand or up close. Includes: self-help programmes for the eating disorders and the inspirational diary of recovery written by an ex-sufferer of Anorexia Nervosa, now a Youth Ambassador for Beat, the Eating Disorders association. Includes the following: Overcoming Anorexia Overcoming Bulimia Nervosa & Binge-Eating Overcoming Perfectionism Overcoming Low Self-Esteem Mealtimes & Milestones

Beyond the Looking Glass

The Overcoming Eating Disorders, Second Edition program addresses the cognitive-behavioral treatment of Bulimia Nervosa and Binge Eating Disorder. CBT has been proven the most effective treatment for helping patients improve their eating habits and overcome their disorder. The treatment described is divided into three overlapping phases: behavior change, identifying binge triggers, and relapse prevention. The main focus of the program is the normalization of eating. Patients use self-monitoring forms to track their eating habits on a daily basis while they work toward establishing a pattern of 3 meals and 2 snacks per day eaten at regular intervals. Once a regular pattern of eating has been established, patients move on to recognizing and eliminating their triggers for bingeing and purging. CBT techniques like problem-solving and cognitive restructuring help patients deal with negative mood states, faulty interpersonal interactions, and errors in thinking. The final phase of treatment consists of a review of the positive changes that have occurred during treatment, as well as a discussion of any residual problems and ways to handle setbacks or lapses. Homework exercises are assigned at each session and play an important role in keeping patients motivated throughout the duration of treatment. This newly revised and updated Therapist Guide includes expanded information regarding weight and shape concerns and an entirely new chapter on adapting the treatment for use as a time-limited, therapist-assisted self-help program. Complete with step-by-step instructions for delivering the treatment, this guide is an indispensable resource that no clinician can do without. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Cravings

Eating disorders are linked with a warped sense of self and how an individual relates to close ones and the community as a whole. Most situations and factors that are taken as normal play a crucial role in the life of one suffering from an eating disorder. This disorder is often cloaked in secrecy by the sufferers and the family due to the stigma the society has tagged it with. The information contained within the pages of this book will efficiently guide you on surmounting the obstacle you have tried time and time again to overcome. Are you a parent or a loved one with a family member struggling with an eating disorder? Do you struggle with your meals due to the expectations you have to meet up to in your sports career? Does a massive sense of guilt come over you every time you have a binge which you have no control over? Are you one of a few million people who dread the holidays and major gatherings due to your running battle with food? Are you ready to get out of this vicious cycle? The news of joy is that you don't have to have a running battle every time you want to eat a piece of truly healthy and delicious meal. This book is filled with all the tips and advice on how to successfully overcome eating disorders. Some and not limited to some great things you will learn are; Ways to detect the eating disorder in yourself and those around you. The dangerous and life-threatening effects of the various types of eating disorders. How to take a wide berth around an eating disorder. Treatment methods for eating disorders. And so much more. This compilation is your first step in learning about what an eating disorder is and how you can effectively manage it and live a healthy life. To begin your journey towards a healthy eating life, GET THIS BOOK NOW!

Beating Eating Disorders Step by Step

Control binge eating and get on the path to recovery *Overcoming Binge Eating for Dummies* provides trusted information, resources, tools, and activities to help you and your loved ones understand your binge eating — and gain control over it. Written with compassion and authority, it uses stories and examples from the authors' work with clients they've helped to overcome this complicated disorder. In *Overcoming Binge Eating For Dummies*, you'll find information and insight on identifying the symptoms of binge eating disorder, overcoming eating as an addiction, ways to overcome the urge to binge, how to institute a healthy eating pattern, ways to deal with anxiety and emotional eating, and much more. Provides professional resources for seeking additional help for binge eating Includes advice on talking with loved ones about binge eating Offers tips and guidance to establish a safe and healthy recovery plan *Overcoming Binge Eating For Dummies* is for those currently suffering or recovering from BED, as well as families and friends looking for a comprehensive and expert resource to this widespread but largely misunderstood disorder.

Rotting Fruit: Overcoming Eating Disorders and Living Fruitful Lives for Christ

Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers. The only self-help programme that has been evaluated in a randomised controlled trial, it provides detailed step-by-step advice for dealing with this condition. Unlike other less problem-oriented books currently available on the subject, this book concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life. Theory is closely interwoven with practice and the book draws together real problems and solutions experienced by hundreds of sufferers.

Midlife Eating Disorders

Affecting as many as 2.8 percent of adults and 1.6 percent of adolescents, binge eating disorder—consuming an excessive amount of calories regularly—is the most common eating disorder. It often leads to obesity and disposes those with the disorder to serious health risks, including diabetes and heart disease. With the right support, however, binge eating can be conquered. This indispensable resource empowers readers affected by binge eating disorder to seek help and develop a healthy relationship with food. They will learn about the various psychological, physiological, and cultural causes and effects and the steps to developing a positive self-image.

Cognitive Behavior Therapy and Eating Disorders

This trusted bestseller provides all the information needed to understand binge eating and bring it under control, whether you are working with a therapist or on your own. Clear, step-by-step guidelines show you how to: *Overcome the urge to binge. *Gain control over what and when you eat. *Break free of strict dieting and other habits that may contribute to binges. *Establish stable, healthy eating patterns. *Improve your body image and reduce the risk of relapse. This fully updated second edition incorporates important advances in the understanding and treatment of eating disorders. It features expanded coverage of body image issues and enhanced strategies for achieving--and maintaining--a transformed relationship with food and your body. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit. Included in the UK National Health Service Bibliotherapy Program.

Calumet Beginnings

Regaining Your Self

Provides information on how to recognize eating disorders and their symptoms, including anorexia nervosa, bulimia, and binge eating, and also offers treatment programs

Dying to Be Thin

Cognitive-Behavioral Therapy (CBT) has been proven effective for treating Bulimia Nervosa and Binge Eating Disorder. However, this type of program requires at least 6 months of weekly sessions with a qualified mental health professional. If you suffer from an eating disorder and want to get treatment, but have little time to devote to therapy, a shorter, time-limited program may be right for you. This workbook outlines a Guided Self-Help (GSH) program based on the principles of CBT. Although sessions with a therapist or clinician are required, there are usually no more than 12 and each one is only 25 minutes long. You will do much of the treatment on your own using the workbook as your guide. You will learn and practice the skills you need to overcome your eating disorder and establish healthy habits, while consulting with your therapist for encouragement and support. Through daily self-monitoring of your eating patterns, and strategies such as challenging negative thoughts and formal problem-solving, you will reduce your desire to binge and purge. GSH is hard work, but the benefits are well worth it. If you have the desire and the drive, you can use this workbook to eliminate your eating disorder once and for all. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! DT All programs have been rigorously tested in clinical trials and are backed by

years of research DT A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date DT Our books are reliable and effective and make it easy for you to provide your clients with the best care available DT Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated DT A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources DT Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Intuitive Eating, 2nd Edition

Overcoming Anorexia Nervosa

The coauthor of the classic "Dying to Be Thin" now offers a new understanding and approach to eating disorders.

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