



# Overcoming Binge Eating For Dummies

By Jennie Kramer, Marjorie Nolan Cohn

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**Overcoming Binge Eating For Dummies** By Jennie Kramer, Marjorie Nolan Cohn

**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.

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### Editorial Review

From the Back Cover

Learn to:

- Recognize the difference between emotional hunger and physical hunger
- Stick to practical and healthy eating habits
- Finally! Discover answers to not only how but why

Expert advice on how to get on the path to recovery!

*Overcoming Binge Eating For Dummies* provides trusted information to help you and your loved ones understand your binge eating — and gain control over it. Jennie J. Kramer and Marjorie Nolan Cohn use real-life examples from their work with patients they've helped to overcome this complicated disorder.

*Overcoming Binge Eating For Dummies* provides compassionate and authoritative guidance on how to identify the symptoms of binge eating disorder (BED), successfully treat BED as the addiction it is, find practical solutions to overcome urges to binge, create and sustain healthy eating habits, eat when you're physically hungry rather than emotionally hungry, and much more.

- Get the straight facts on binge eating disorder — discover the differences between emotional eating, compulsive overeating, and binge eating
- Take the road to recovery — recognize and reduce signs and symptoms, motivate yourself for lasting change, and seek professional treatment when needed
- Nourish your body — learn about proper nutrition and develop an eating plan that's specific to your needs
- Survive setbacks — avoid yo-yo dieting and weight fluctuations once and for all
- Use your support system — explore how family, friends, support groups, and professionals can help in your recovery

Open the book and find:

- The physical and emotional triggers for bingeing
- How to stay motivated for lasting and effective change
- Practical tips on how to handle anxiety and emotional eating
- The criteria that identify binge eating as an addiction
- Whether nutritional supplements and medications can be helpful
- How bingeing affects women, men, children, and other groups differently
- Ten myths about binge eating disorder

### About the Author

Jennie J. Kramer, MSW, LCSW, is the Founder and Executive Director of Metro Behavioral Health Associates Eating Disorder Treatment Centers. Marjorie Nolan Cohn, MS, RD, CDN, ACSM-HFS, is Founder of MNC Nutrition LLC, and a national spokesperson for the Academy of Nutrition and Dietetics. She is also the Nutrition Manager for Metro Behavioral Health Associates Eating Disorder Treatment Centers.

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#### **Martin Hobson:**

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