

overcoming binge eating christopher fairburn pdf

overcoming binge eating christopher fairburn pdf is a highly sought resource for individuals struggling with binge eating disorder who are looking for effective, evidence-based strategies to regain control over their eating habits. This article explores the key elements of the book authored by Christopher Fairburn, a renowned expert in the field of eating disorders, and discusses how his approach has influenced treatment methods worldwide. The book provides a comprehensive cognitive-behavioral therapy (CBT) framework specifically designed to address binge eating, emphasizing self-help techniques that empower sufferers to manage and overcome their condition. Additionally, the availability of the resource in PDF format has made it accessible for many seeking guidance outside traditional therapy settings. This article will delve into the contents and benefits of the book, the psychological principles behind it, practical applications, and how the PDF edition supports wider access to treatment.

- Overview of Overcoming Binge Eating by Christopher Fairburn
- The Cognitive-Behavioral Therapy Approach
- Key Components of the Treatment Program
- Benefits of the PDF Format for Accessibility
- Practical Strategies to Overcome Binge Eating
- Scientific Support and Effectiveness

Overview of Overcoming Binge Eating by Christopher Fairburn

The book *Overcoming Binge Eating* by Christopher Fairburn is a foundational text in the treatment of binge eating disorder. It offers a structured, step-by-step approach grounded in cognitive-behavioral therapy principles, designed to help individuals reduce binge eating episodes and develop healthier eating patterns. The book is widely recognized for its clarity and practical guidance, making it accessible both to clinicians and those seeking self-help solutions. The content addresses the psychological underpinnings of binge eating, including emotional triggers, thought patterns, and behavioral responses that perpetuate the disorder.

Author Background and Expertise

Christopher Fairburn is a distinguished clinical psychologist and researcher specializing in eating disorders. His extensive work in developing CBT protocols has significantly shaped modern

treatment paradigms. His expertise ensures that the strategies presented in *Overcoming Binge Eating* are not only theoretically sound but also clinically effective.

Purpose and Scope of the Book

The primary goal of the book is to provide a comprehensive self-help manual that individuals can follow independently or alongside professional treatment. It covers assessment techniques, goal setting, and detailed instructions for managing binge eating behaviors, emotional regulation, and relapse prevention.

The Cognitive-Behavioral Therapy Approach

Cognitive-behavioral therapy (CBT) forms the foundation of the treatment approach outlined in the book. This evidence-based modality targets the cognitive distortions and maladaptive behaviors that sustain binge eating. CBT for binge eating focuses on identifying and modifying unhelpful thoughts about food, weight, and self-worth, while simultaneously introducing behavioral changes to establish healthier eating habits.

Understanding the CBT Model

CBT conceptualizes binge eating as a cycle of negative emotions, distorted thinking, and dysfunctional eating behaviors. The therapy aims to break this cycle by promoting awareness, challenging harmful beliefs, and reinforcing positive behavioral patterns. This model helps patients regain control and reduce binge episodes over time.

Role of Self-Monitoring

One of the central CBT techniques emphasized in the book is self-monitoring. Keeping detailed records of eating patterns, moods, and triggers enables individuals to recognize patterns contributing to binge episodes. This insight aids in developing targeted coping strategies and improving self-regulation.

Key Components of the Treatment Program

The program outlined in *Overcoming Binge Eating* is structured around several core components that collectively support recovery. Each component addresses specific aspects of binge eating disorder, ensuring a holistic approach.

Establishing Regular Eating Patterns

Regularizing meals and snacks is crucial to preventing binge episodes. The book guides readers in creating structured eating schedules that reduce hunger-induced cravings and promote physiological stability.

Addressing Emotional Triggers

Emotional distress often precipitates binge eating. The program includes techniques to identify emotional triggers and develop healthier coping mechanisms such as relaxation exercises and cognitive restructuring.

Developing Problem-Solving Skills

Learning to solve problems effectively reduces stress and diminishes reliance on binge eating as a maladaptive response. Problem-solving strategies taught in the book enable individuals to navigate challenging situations more constructively.

Relapse Prevention Strategies

The book emphasizes the importance of preparing for potential setbacks and maintaining long-term progress through relapse prevention planning. This includes recognizing early warning signs and applying coping techniques proactively.

Summary of Core Components

- Regular meal scheduling
- Self-monitoring and awareness
- Emotional regulation techniques
- Problem-solving and coping skills
- Relapse prevention planning

Benefits of the PDF Format for Accessibility

The availability of *Overcoming Binge Eating* in PDF format has significantly enhanced access to this valuable resource. The digital format allows for convenient, portable use and facilitates self-paced learning. Individuals can easily download and refer to the material repeatedly without the need for physical copies.

Advantages of Digital Distribution

PDF versions offer several advantages, including searchability, annotation capability, and compatibility with various devices such as tablets, smartphones, and computers. This flexibility supports diverse learning preferences and environments.

Supporting Self-Help and Remote Therapy

The PDF format complements self-help efforts and can be integrated into remote therapy or telehealth sessions. This is particularly beneficial for individuals in areas with limited access to specialized eating disorder services.

Practical Strategies to Overcome Binge Eating

The book outlines a range of practical strategies designed to interrupt the binge eating cycle and promote sustainable recovery. These techniques empower individuals to take actionable steps toward healthier relationships with food and body image.

Mindful Eating Practices

Mindfulness is incorporated as a tool to enhance awareness of hunger and satiety signals, reduce automatic eating behaviors, and foster a nonjudgmental attitude toward food choices.

Cognitive Restructuring

This involves challenging and modifying distorted beliefs about food, weight, and self-worth that contribute to binge eating. The book provides exercises to identify negative thoughts and replace them with balanced, realistic alternatives.

Behavioral Experiments

Behavioral experiments test the validity of negative beliefs and encourage new, adaptive behaviors. These experiments are designed to build confidence and reduce fear related to food and eating situations.

Developing a Support System

Building a network of supportive friends, family, or support groups is emphasized as a critical element in sustaining recovery and reducing isolation.

Checklist of Practical Strategies

- Mindful eating techniques
- Thought record and cognitive restructuring
- Behavioral experiments and exposure tasks

- Establishing social support
- Consistent self-monitoring

Scientific Support and Effectiveness

The treatment program presented in *Overcoming Binge Eating* is backed by extensive research demonstrating the effectiveness of CBT for binge eating disorder. Multiple clinical trials have shown significant reductions in binge frequency, improvements in psychological wellbeing, and enhanced quality of life for participants following this approach.

Evidence from Clinical Trials

Studies consistently report that individuals who engage with Fairburn's CBT protocol experience marked decreases in binge episodes, improved eating behaviors, and sustained recovery over follow-up periods. This evidence underlines the book's status as a gold standard in binge eating treatment.

Integration into Clinical Practice

Many healthcare professionals incorporate Fairburn's methods into their therapeutic practices, further validating the approach. The book serves as both a self-help guide and a clinical tool, bridging gaps between research and application.

Frequently Asked Questions

What is the 'Overcoming Binge Eating' book by Christopher Fairburn about?

The book 'Overcoming Binge Eating' by Christopher Fairburn is a self-help guide based on cognitive behavioral therapy (CBT) techniques designed to help individuals understand and overcome binge eating disorder.

Is there a free PDF version of 'Overcoming Binge Eating' by Christopher Fairburn available online?

Official free PDF versions of 'Overcoming Binge Eating' by Christopher Fairburn are generally not available due to copyright restrictions. It is recommended to purchase or borrow the book from authorized sources to support the author and ensure access to accurate content.

How effective is the CBT approach in 'Overcoming Binge Eating' by Christopher Fairburn?

The CBT approach outlined in 'Overcoming Binge Eating' has been clinically proven to be effective in reducing binge eating episodes and improving overall eating behaviors, making it one of the recommended treatments for binge eating disorder.

Can 'Overcoming Binge Eating' by Christopher Fairburn be used as a self-help resource?

Yes, 'Overcoming Binge Eating' is designed as a self-help manual that individuals can use independently to work through their binge eating issues, though professional guidance may enhance the effectiveness of the treatment.

Where can I legally obtain a copy of 'Overcoming Binge Eating' by Christopher Fairburn in PDF format?

You can legally obtain a PDF copy of 'Overcoming Binge Eating' by Christopher Fairburn through official platforms such as academic libraries, authorized ebook retailers, or by purchasing directly from publishers that offer digital versions.

Additional Resources

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

This seminal book by Christopher Fairburn offers a comprehensive, evidence-based approach to understanding and overcoming binge eating. It presents practical strategies and cognitive-behavioral techniques designed to help readers identify triggers, regulate eating patterns, and develop healthier relationships with food. The book is widely regarded as a leading resource for both sufferers and clinicians.

2. *Brain Over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good* by Kathryn Hansen

Kathryn Hansen shares her personal journey through binge eating and bulimia, offering insights into the neurological causes behind the disorder. The book emphasizes the power of understanding brain processes to overcome binge eating without relying solely on traditional therapy. It provides hopeful, accessible tools for recovery.

3. *The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating* by Carolyn Coker Ross

This workbook offers a holistic approach combining cognitive-behavioral therapy, mindfulness, and nutrition to address binge eating. It includes exercises and strategies to help readers build self-awareness, manage emotional triggers, and establish balanced eating habits. The practical format makes it a useful companion for recovery.

4. *Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling* by Anita Johnston

Anita Johnston explores binge eating through the lens of mythology and storytelling, helping readers

understand the emotional and psychological roots of disordered eating. The book offers a compassionate and creative approach to healing, encouraging self-reflection and empowerment. It's particularly helpful for those seeking alternative perspectives on recovery.

5. *Intuitive Eating: A Revolutionary Program That Works* by Evelyn Tribole and Elyse Resch

While not exclusively about binge eating, this influential book promotes a non-diet, mindful approach to eating that can help reduce binge episodes. It encourages readers to listen to their bodies' hunger and fullness cues, fostering a healthier, more intuitive relationship with food. The principles support long-term recovery and emotional well-being.

6. *The Mindful Eating Workbook: A Guide to Achieving and Maintaining a Healthy Relationship with Food* by Vincci Tsui

This workbook combines mindfulness practices with cognitive-behavioral techniques to address binge eating and emotional overeating. It provides step-by-step exercises to increase awareness of eating habits and emotional triggers, helping readers develop sustainable, mindful eating patterns. The approach is practical and user-friendly.

7. *Breaking Free from Emotional Eating* by Geneen Roth

Geneen Roth delves into the emotional causes behind binge eating and compulsive overeating, offering insights and tools to break free from these patterns. Her compassionate writing encourages readers to explore their emotional landscapes and build a healthier relationship with food and themselves. The book emphasizes self-compassion and emotional healing.

8. *When Food Is Comfort: Nurturing Your Body and Soul Through Intuitive Eating* by Julie Simon

This book addresses the emotional aspects of binge eating, emphasizing the importance of nurturing both body and soul. It combines intuitive eating principles with strategies to cope with stress and emotional pain without turning to food. The author provides practical advice for developing self-care and emotional resilience.

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

An updated edition of Fairburn's classic, this book includes the latest research and refined techniques for overcoming binge eating. It expands on the original program with new insights and resources, making it an essential guide for those struggling with binge eating and healthcare professionals alike.

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Overcoming Binge Eating: A Practical Guide Based on the Work of Christopher Fairburn

Are you trapped in a cycle of binge eating, feeling helpless and ashamed? Do you constantly battle overwhelming urges to overeat, followed by feelings of guilt and self-loathing? You're not alone. Millions struggle with binge eating disorder (BED), but recovery is possible. This ebook provides a

practical, step-by-step guide to overcoming binge eating, drawing on the evidence-based Cognitive Behavioral Therapy (CBT) approach pioneered by renowned expert Christopher Fairburn. Learn to understand the underlying mechanisms of your binge eating and develop effective coping strategies to break free.

This ebook, "Breaking Free from Binge Eating: A CBT-Based Approach," by [Your Name/Pen Name], offers a comprehensive guide to reclaiming your life.

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Breaking Free from Binge Eating: A CBT-Based Approach

Introduction: Understanding Binge Eating Disorder and the Power of CBT

Binge eating disorder (BED) is a serious eating disorder characterized by recurrent episodes of eating significantly more food in a short period than most people would eat under similar circumstances, accompanied by a sense of loss of control. Unlike anorexia or bulimia, BED doesn't involve compensatory behaviors like purging or excessive exercise. The consequences can be devastating, leading to weight gain, physical health problems, depression, anxiety, and significant distress. However, recovery is absolutely possible. This ebook utilizes the principles of Cognitive Behavioral Therapy (CBT), a highly effective approach developed and refined by Christopher Fairburn, to help you understand and overcome your binge eating. CBT focuses on identifying and changing the negative thoughts, feelings, and behaviors that contribute to your binge eating. By addressing the root causes, rather than just the symptoms, you can achieve lasting change.

Chapter 1: Identifying Your Binge Eating Triggers and Patterns

Understanding your binge eating triggers is crucial for breaking the cycle. Many factors can contribute, including stress, emotions (sadness, anger, boredom), specific situations (social gatherings, loneliness), or even certain foods. This chapter guides you through techniques to identify your personal triggers. We'll explore keeping a detailed food and mood diary, meticulously noting what you ate, when you ate it, how you felt before, during, and after, and the circumstances surrounding each eating episode. This process helps you recognize patterns and identify specific triggers, paving the way for developing targeted coping strategies. We will also discuss the importance of differentiating between physical hunger cues and emotional hunger cues. Learning to recognize these subtle differences is key to making healthier food choices.

SEO Keywords: Binge eating triggers, binge eating diary, emotional eating, identifying triggers, food diary example, recognizing hunger cues

Chapter 2: Challenging Negative Thoughts and Beliefs

Binge eating is often fueled by negative thoughts and beliefs about oneself, food, and body image. This chapter delves into the cognitive aspects of BED, helping you identify and challenge these unhelpful thoughts. We'll explore cognitive restructuring techniques, a core component of CBT. This involves learning to identify and question distorted thinking patterns, such as all-or-nothing thinking, catastrophizing, and overgeneralization. We'll replace these negative thoughts with more balanced and realistic ones. The aim is not to eliminate negative emotions entirely, but rather to manage them effectively and prevent them from escalating into binge eating episodes.

SEO Keywords: Cognitive restructuring, negative thoughts, cognitive behavioral therapy, challenging beliefs, distorted thinking, all or nothing thinking

Chapter 3: Developing Healthy Eating Habits and Meal Planning

Establishing healthy eating habits is a cornerstone of recovery. This chapter provides practical strategies for creating a balanced meal plan that satisfies your nutritional needs while avoiding restrictive dieting. We'll discuss the importance of regular meals and snacks to stabilize blood sugar levels and prevent intense hunger. We will explore different meal planning approaches, including mindful eating techniques, portion control, and the incorporation of a wide variety of nutrient-rich foods. We'll also address the issue of food restriction, often a precursor to binge eating, and explore strategies for developing a healthy and balanced relationship with food.

SEO Keywords: Healthy eating habits, meal planning, portion control, mindful eating, balanced diet, nutrition, healthy recipes, avoiding restrictive diets

Chapter 4: Managing Emotions and Stress Without Food

Many individuals use food to cope with difficult emotions and stressful situations. This chapter provides coping mechanisms for managing emotions and stress without resorting to binge eating. We will explore various stress management techniques such as relaxation exercises (deep breathing, meditation, progressive muscle relaxation), physical activity, and engaging in enjoyable activities. We will also discuss the importance of identifying and addressing underlying emotional issues through self-reflection and, if necessary, professional support.

SEO Keywords: Stress management, emotional regulation, coping mechanisms, relaxation techniques, mindfulness, exercise, emotional eating, self-care

Chapter 5: Building Self-Compassion and Self-Esteem

Low self-esteem and self-criticism are often intertwined with binge eating. This chapter focuses on developing self-compassion and building a healthier sense of self-worth. We'll explore techniques to challenge self-critical thoughts, practice self-kindness, and cultivate self-acceptance. We'll discuss the importance of focusing on your strengths and celebrating your accomplishments. Learning to treat yourself with the same kindness and understanding you would offer a friend is a powerful tool in recovery.

SEO Keywords: Self-compassion, self-esteem, self-acceptance, self-criticism, body image, positive self-talk, self-love

Chapter 6: Relapse Prevention Strategies

Relapse is a common part of the recovery process. This chapter equips you with strategies to prevent relapse and manage setbacks effectively. We'll discuss identifying high-risk situations, developing coping plans for challenging situations, and building a strong support network. Understanding your triggers and developing proactive strategies to address them will significantly reduce the likelihood of relapse. We'll also explore the importance of self-monitoring and seeking professional support during challenging times.

SEO Keywords: Relapse prevention, coping mechanisms, support network, high-risk situations, relapse triggers, recovery plan

Chapter 7: Seeking Professional Support and Building a Support Network

While this ebook provides valuable tools, seeking professional support can be crucial for successful recovery. This chapter discusses the benefits of therapy, the importance of finding a qualified therapist, and the various therapeutic approaches available. We'll also explore the value of building a supportive network of friends, family, or support groups. Connecting with others who understand your experience can provide invaluable encouragement and accountability.

SEO Keywords: Therapy for binge eating, therapist for eating disorders, support groups, eating disorder treatment, professional help, CBT therapist

Conclusion: Maintaining Long-Term Recovery

Maintaining long-term recovery requires ongoing effort and commitment. This concluding chapter summarizes key takeaways, emphasizes the importance of self-care, and provides guidance for sustaining positive lifestyle changes. We'll re-emphasize the value of self-monitoring, practicing self-compassion, and seeking support when needed. Recovery is a journey, not a destination, and maintaining long-term success requires ongoing attention and dedication.

FAQs:

1. Is this ebook suitable for all levels of binge eating severity? While this ebook provides a comprehensive guide, individuals with severe binge eating disorder may benefit from seeking professional help in addition to using this resource.
2. How long will it take to overcome binge eating? Recovery is a personal journey; timelines vary depending on individual factors. Consistent effort and commitment are crucial.
3. What if I relapse? Relapse is a part of recovery. The ebook provides strategies to manage setbacks and get back on track.
4. Does this ebook replace professional therapy? No, it's a supportive resource but doesn't replace professional guidance.
5. What are the different types of therapy for binge eating? CBT is highly effective, but other approaches, such as dialectical behavior therapy (DBT), may also be helpful.
6. Where can I find support groups? Your therapist or doctor can provide referrals to local support groups or online communities.
7. What is the role of nutrition in recovery? A balanced diet is important, but restrictive dieting can

be counterproductive. The ebook emphasizes mindful eating.

8. How can I track my progress? Use the techniques mentioned in the book, including journaling and self-monitoring.

9. Is this ebook based on scientific evidence? Yes, the information presented is grounded in the evidence-based CBT approach of Christopher Fairburn.

Related Articles:

1. Christopher Fairburn's Cognitive Behavioral Therapy for Binge Eating Disorder: A detailed explanation of Fairburn's approach to treating BED.

2. Understanding the Cognitive Aspects of Binge Eating: A deep dive into the thought patterns associated with BED.

3. The Role of Emotions in Binge Eating: Exploring emotional triggers and effective coping strategies.

4. Effective Meal Planning Strategies for Binge Eating Recovery: Practical tips and meal plan examples.

5. Mindful Eating Techniques for Binge Eating Disorder: Learning to eat mindfully and reduce overeating.

6. Building Self-Compassion in Binge Eating Recovery: Techniques for self-acceptance and self-kindness.

7. Stress Management Techniques for Individuals with BED: Practical relaxation and stress reduction methods.

8. Building a Supportive Network for Binge Eating Recovery: The importance of social support and how to find it.

9. Relapse Prevention Strategies in Binge Eating Recovery: Identifying and addressing high-risk situations and developing coping plans.

overcoming binge eating christopher fairburn pdf: *Overcoming Binge Eating* Christopher G. Fairburn, 1995 A Reading Well: Books on Prescription Title Winner of the Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Seal of Merit! Do you have a binge eating problem or know someone who does? This authoritative book 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 will show you how to: overcome the urge to binge gain control over eating behavior reduce the risk of relapse establish stable, healthy eating habits. This unique book has been tested in controlled clinical research, and its success rate is outstanding. From a leading international expert, here is the advice, encouragement, and detailed guidance that can help you transform your relationship to food.

overcoming binge eating christopher fairburn pdf: [Cognitive Behavior Therapy and Eating](#)

Disorders Christopher G. Fairburn, 2008-04-21 This book provides the first comprehensive guide to enhanced cognitive behavior therapy (CBT-E), the leading empirically supported treatment for eating disorders in adults. 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 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. CBT-E is recognized as a best practice for the treatment of adult eating disorders by the U.K. National Institute for Health and Care Excellence (NICE).

overcoming binge eating christopher fairburn pdf: Cognitive Behavior Therapy for Adolescents with Eating Disorders Riccardo Dalle Grave, Simona Calugi, 2020-04-30 This state-of-the-art guide provides a powerful transdiagnostic approach for treating adolescent eating disorders (anorexia nervosa, bulimia nervosa, binge-eating disorder, and others) in either outpatient or inpatient settings. It describes how enhanced cognitive behavior therapy (CBT-E)--the gold-standard treatment for adult eating disorders--has been systematically adapted and tested with younger patients. With a strong motivational focus, CBT-E gives the adolescent a key role in decision making. The book presents session-by-session guidelines for assessing patients, determining whether CBT-E is appropriate, developing case conceptualizations, conducting individualized interventions, addressing medical issues, and involving parents. User-friendly features include case vignettes and reproducible forms; purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size. CBT-E is recognized as a best practice for the treatment of adolescent eating disorders by the U.K. National Institute for Health and Care Excellence (NICE).

overcoming binge eating christopher fairburn pdf: The Binge Eating and Compulsive Overeating Workbook Carolyn Ross, 2009-07-01 Some people use food to calm themselves when they feel overwhelmed. Others find it difficult to discern between eating out of hunger and eating out of habit. There are nearly as many reasons why people overeat as there are reasons to stop. While overeating can often bring comfort in the short term, it can lead to feelings of guilt later on. If you feel like you're caught in a cycle of unhealthy eating that you can't stop, this workbook can help you overcome it. In *The Binge Eating and Compulsive Overeating Workbook*, you'll learn skills and nutrition guidelines recommended by doctors and therapists for healthy eating and how to quell the often overpowering urge to overeat. Using a variety of practices drawn from complementary and alternative medicine, you'll replace unhealthy habits with nourishing rewards and relaxation practices. This potent combination of therapies will help you end your dependence on overeating as a way to cope with unpleasant feelings and shows you how to develop new strategies for a healthier lifestyle. This workbook will help you: Identify the trigger foods and feelings that spur you to binge or overeat Determine how stress, depression, and anxiety may be affecting your eating Calm yourself in stressful times with nourishing self-care practices Learn to appreciate and accept your body

overcoming binge eating christopher fairburn pdf: The Binge Eating Prevention Workbook Gia Marson, Danielle Keenan-Miller, 2020-09-01 An innovative and customizable 8-week plan to help you take control of your eating habits—once and for all. Do you feel like your eating gets out of control? When it comes to food, does it feel like your life is controlled by cycles of deprivation and bingeing? Whether or not you've been formally diagnosed with a binge-eating disorder, you know that something needs to change. But like many disorders, what helps one person may not help another. That's why *The Binge Eating Prevention Workbook* offers a wide range of evidence-based tools to help you take charge of your eating habits. Using the eight-week protocol in this workbook, you'll learn how to recognize your triggers, cope with difficult emotions, improve relationships, and make healthy food choices that will ultimately improve how you feel. You'll learn to understand the underlying causes of your binge eating, how to recognize binge-inducing environmental factors, why

dieting just doesn't work, and mindfulness techniques to help you stay present when the urge to binge takes hold. If you're ready to break the shame-filled cycle of binge eating, this workbook has everything you need to get started today.

overcoming binge eating christopher fairburn pdf: Dialectical Behavior Therapy for Binge Eating and Bulimia Debra L. Safer, Christy F. Telch, Eunice Y. Chen, 2017-02-03 This groundbreaking book gives clinicians a new set of tools for helping people overcome binge-eating disorder and bulimia. It presents an adaptation of dialectical behavior therapy (DBT) developed expressly for this population. The treatment is unique in approaching disordered eating as a problem of emotional dysregulation. Featuring vivid case examples and 32 reproducible handouts and forms, the book shows how to put an end to binge eating and purging by teaching clients more adaptive ways to manage painful emotions. Step-by-step guidelines are provided for implementing DBT skills training in mindfulness, emotion regulation, and distress tolerance, including a specially tailored skill, mindful eating. Purchasers get access to a Web page where they can download and print the reproducible handouts and forms in a convenient 8 1/2 x 11 size. See also the related self-help guide, *The DBT Solution for Emotional Eating*, by Debra L. Safer, Sarah Adler, and Philip C. Masson, ideal for client recommendation.

overcoming binge eating christopher fairburn pdf: The DBT Solution for Emotional Eating Debra L. Safer, Sarah Adler, Philip C. Masson, 2018-01-01 Eating can be a source of great pleasure--or deep distress. If you've picked up this book, chances are you're looking for tools to transform your relationship with food. Grounded in dialectical behavior therapy (DBT), this motivating guide offers a powerful pathway to change. Drs. Debra L. Safer, Sarah Adler, and Philip C. Masson have translated their proven, state-of-the-art treatment into a compassionate self-help resource for anyone struggling with bingeing and other types of stress eating. You will learn to:

- *Identify your emotional triggers.
- *Cope with painful or uncomfortable feelings in new and healthier ways.
- *Gain awareness of urges and cravings without acting on them.
- *Break free from self-judgment and other traps.
- *Practice specially tailored mindfulness techniques.
- *Make meaningful behavior changes, one doable step at a time.

Vivid examples and stories help you build each DBT skill. Carefully crafted practical tools (you can download and print additional copies as needed) let you track your progress and fit the program to your own needs. Finally, freedom from out-of-control eating--and a happier future--are in sight. Mental health professionals, see also the related treatment manual, *Dialectical Behavior Therapy for Binge Eating and Bulimia*, by Debra L. Safer, Christy F. Telch, and Eunice Y. Chen.

overcoming binge eating christopher fairburn pdf: Getting Better Bite by Bite Ulrike Schmidt, Janet Treasure, June Alexander, 2015-09-16 *Getting Better Bite by Bite* is an essential, authoritative and evidence-based self-help program that has been used by bulimia sufferers for over 20 years. This new edition maintains the essence of the original book, while updating its content for today's readers, drawing on the latest knowledge of the biology and psychology of bulimia and its treatment. The book provides step-by-step guidance for change based on solid research. The use of everyday language, stimulating contemporary case study story-telling and evocative illustrations in *Bite by Bite* provide encouragement, hope and new perspectives for all readers. This handy-sized book fills a need for easy-to-understand information about Bulimia Nervosa, a serious and prevalent eating disorder. Ulrike Schmidt and Janet Treasure are world-renowned researchers and authorities on eating disorders, and June Alexander, a former sufferer of anorexia and bulimia, is a respected writer and internationally-known eating disorder awareness advocate. *Getting Better Bite by Bite* is a valuable resource - for sufferers, for their families, and for the health professionals and carers treating them.

overcoming binge eating christopher fairburn pdf: Overcoming Your Eating Disorder W. Stewart Agras, Robin Apple, 2007-09-17 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!

- 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)

overcoming binge eating christopher fairburn pdf: *The Brain Over Binge Recovery Guide*
Director of the Center for Asian Studies and Professor Department of Asian Studies Kathryn Hansen, Amy Johnson Ph D, 2016-01-07 This book is a much-requested follow-up to *Brain over Binge* (2011), in which the author shared how she used a basic understanding of neuroscientific principles to overcome bulimia. In this sequel and companion volume, with the help of fellow specialists and authors Amy Johnson, Ph.D., Katherine Thomson, Ph.D., and others, Kathryn Hansen lays out those same principles--and many more--in a self-help format that educates and empowers binge eaters to pursue recovery efficiently and effectively. Although recovery is not the same for everyone, this book posits that there are only two essential goals that must be met to end bulimia and binge eating disorder: (1) learning to dismiss urges to binge and (2) learning to eat adequately. As you work toward these goals with a streamlined focus, you will discover your own strength, develop your own insights, and put into practice ideas and behaviors that work uniquely and authentically for you. The *Brain over Binge Recovery Guide* is comprehensive in its length and scope, but utterly simple in its approach: You will read and use only what you need--continuing on in the book if you feel you need more information and guidance; putting it down and moving on with your life when you feel you're ready--so that you can start living binge-free as quickly and easily as possible.

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Jennie Kramer, Marjorie Nolan Cohn, 2013-08-28 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.

overcoming binge eating christopher fairburn pdf: *The Secrets of People Who Never*

Get Sick Gene Stone, 2010-10-20 Written by Gene Stone, a bestselling health-savvy journalist who's investigated, firsthand, virtually every form of regimen, diagnostic test, therapy, and fad, *The Secrets of People Who Never Get Sick*, a fascinating and original book of science, tells the stories of 25 people who each possess a different secret of excellent health and shows how we can all use these insights to change our lives for the better. Meet Bill Thompson, an entrepreneur in his early sixties who has the EKG of a 20-year-old and hasn't had a cold in over two decades. Bill's secret? Every morning he dunks his head in a basin of warm water and hydrogen peroxide, a powerful natural germ killer that has the added benefit of making Bill feel as invigorated as a teenager when he comes up for air. Meet Dr Robert Fulford, whom Andrew Weil considered one of the world's greatest healers, and who, even into his nineties, continued to see patients and was healthier than most people half his age. His secret: a daily set of stretching exercises that he claims stimulate the body's life force, a force too easily blunted by illness, trauma, and even bad breathing habits. Meet Barbara Pritzkat, a now 83-year-old archaeologist with incredible stamina and health, who attributes her well-being to a morning tonic of brewer's yeast, a treasure trove of B vitamins that's also protein-rich and a good source of selenium, copper, iron, zinc, and other minerals. The stories make it personal; then comes the science, the authority (with experts conflicting opinions on if and how it really works), and the nuts and bolts how to bring each secret into your own life. From probiotics to veganism to a daily dose of garlic, from yoga to cold showers, it's an invaluable list: 25 secrets to health, and how to make each work for you.

overcoming binge eating christopher fairburn pdf: Overcoming Eating Disorders Robin F. Apple, W. Stewart Agras, 2004-11 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.

overcoming binge eating christopher fairburn pdf: How to Have Your Cake and Your Skinny Jeans Too Josie Spinardi, 2014-12-01 YOU ABSOLUTELY CAN STOP BINGE EATING (OR FEELING OUT OF CONTROL WITH FOOD) AND BE THIN! You are about to finally uncover the single reason why you've been experiencing such an uphill battle with food and your weight. And far more importantly... I am going to teach you the skills you need to win the food fight once and for all--without dieting. If you're looking for a real, proven, step-by-step solution to stop overeating and binge eating for good--so you can finally get thin and get on with your amazing life--then this book is for you. Is food your best friend--and your worst enemy? Are you stuck in a relentless tug-of-war between wanting (desperately) to lose weight, and the out-of-control urge to eat? Does your firm morning resolve to be good with food consistently crumble into a night of takeout on the couch, watching TV with Ben & Jerry? Do you love food, but at the same time, part of you hates it with a passion, and would be perfectly happy if you never ate again--if it just meant you could finally be thin? Let me come right out and say it. It's not you! There are clear-cut, solvable reasons why your eating currently feels frustrating and at times painfully out of control. You've simply been trying to solve the problem (excess weight and overeating) with a solution (dieting and exercise) that does nothing to resolve the real reasons you feel so out of control with food. The problem is not your lack of nutritional knowledge. Knowing how many calories (or carbs!) are in a thick, fudgy brownie does absolutely nothing to equip you with the skills to stop binge eating it after a long, hard day at work. Are you going to scream if another weight loss book tells you to take a bath instead of binge eating?

Overeating and binge eating are learned behavioral patterns that can be eradicated once you learn a few simple--actionable--psychological skills. And NOT the type of fluff psychology you find in most emotional eating books that advise you to take a walk, read a book, or take a warm bath when you feel the urge to overeat. Really? That advice is absolutely useless. (And maddening!) As if when you're in that pre-binge frenzy, parked outside the mini-mart tearing into a bag of chips and a box of donuts, you're going to hear that advice and say, Wow, why didn't I think of that? I'll put down these salty, grease glistening chips and thick, chocolate frosted donuts and head home to read *Pride and Prejudice*. Not so much. The solution to binge eating and overeating is found in step-by-step, research based, learn-able skills that prevent and eliminate overeating on the spot. The skills (you'll be happy to know) do not include deprivation or willpower. Since willpower and deprivation don't actually work. I mean, if they did work to yield lasting weight loss we wouldn't be having this conversation right now. Right? Find out exactly why your best weight loss efforts have failed in the past--and more importantly, exactly what you can do to change it. Today. Learn how to eliminate the single behavior that 70 years of scientific research proves causes overeating, binge eating, and feeling out of control with food. Uncover the secret to being able to keep any food in your house--without it calling your name. Discover the two keys that make it a cinch to stop eating any food when you've had enough (even chocolate cake or a cheeseburger!). *How to Have Your Cake and Your Skinny Jeans Too* is Josie at her best--sharing her remarkable insights, her warm, disarming signature wit, and her research-based Hunger Directed Eating techniques that result in quick and lasting change. This is the first book in a groundbreaking series. Join the women and men around the world who are finally enjoying peace and ease with food.

overcoming binge eating christopher fairburn pdf: *The Binge Code* Alison C. Kerr, 2017-06 THE BINGE CODE is a bold new book based on hard science and over 10 years of helping people end their binge eating issues and lose excess weight. In this book, Alison Kerr shows you exactly, step by step, how to unlock your mind, body and emotions from The Binge Trap. Using her breakthrough approach you can overcome compulsive eating, food cravings, weight fluctuations and learn to live life to the fullest. Freedom from food issues and a happier, more fulfilling life is within reach.

overcoming binge eating christopher fairburn pdf: *Overcoming Bulimia Nervosa and Binge Eating 3rd Edition* Peter Cooper, 2012-11-01 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.

overcoming binge eating christopher fairburn pdf: *Brain Over Binge* Kathryn Hansen, 2022-04-12 After completely and independently conquering a debilitating eating disorder, Kathryn Hansen wrote *Brain over Binge* to share her struggle-and her escape from it-with those still trapped in the compulsive binge-purge cycle. Since the book's initial release in 2011, it has endured as an essential road map for using the power of the brain to erase harmful habits and create lasting change. The second edition is fully revised and updated with new information, compelling insights, and uplifting success stories that will inspire readers to break free from their own self-defeating behaviors. *Brain over Binge* is both a memoir and a scientific account, providing a gripping personal narrative and a research-based perspective on bulimia and binge eating disorder. Kathryn traces the course of her own condition and then describes in detail her unconventional approach to recovery. In the process, she offers a much-needed alternative viewpoint on the landscape of eating disorder literature to help others in the throes of any form of out-of-control eating. The mainstream view of bulimia holds that it's a complex disorder that manifests as a means of coping with deep underlying

emotional and psychological problems. But the author resolutely departs from this philosophy, cuts through the confusion she experienced in traditional therapy, and simplifies both the origins of binge eating and its cure. As Kathryn explains the brain-based principles that led to her recovery from relentless bingeing and purging, *Brain over Binge* sheds current and crucial light on our human potential to overcome destructive patterns and reclaim our lives.

overcoming binge eating christopher fairburn pdf: *Never Binge Again(tm)* Glenn Livingston, Ph.d., 2015-08-25 If you're a man who struggles with binge eating, emotional eating, stress eating, or if you repeatedly manage to lose weight only to gain it all back, you may be approaching things with the wrong mindset. Most contemporary thought on overeating and bingeing focuses on healing and self-love-a very feminine approach. But men who've overcome food and weight issues often report it was more like capturing and caging a rabid dog than learning to love their inner child... Open the cage even an inch-or show that dog an ounce of fear-and it'll quickly burst out to shred your healthy eating plans, undoing all your progress in a heartbeat. From his perspective as a formerly food-obsessed psychologist-and previous consultant to major food manufacturers-Dr. Livingston shares specific techniques for isolating and permanently dis-empowering your fat thinking self. He reveals much of his own personal journey in the process. If despite your best intentions you find yourself in one or more of the following situations then this book is for you... You've tried diet after diet with no permanent success... You constantly think about food and/or your weight... You feel driven to eat when you're not hungry (emotional overeating)... You sometimes feel you can't stop eating even though you're full... You sometimes feel guilty or ashamed of what you've eaten... You behave differently with food in private than you do when you're with other people... You feel the need to fast and/or severely restrict your food to make up for serious bouts of overeating... *Never Binge Again* can help you: Dramatically improve your ability to stick to ANY healthy food plan so you can achieve your weight loss and/or fitness goals... Quickly recover from mistakes without self judgement or unnecessary guilt... Free yourself from the prison of food obsession so you can enjoy a satisfying, delicious, and healthy diet for the rest of your life! What the Hades is this? It can't be this simple. But I'm closer to my goal weight than I've been in decades! - Peter Borromeo A powerful, thought provoking, and very un-ladylike approach to the problem of bingeing! - Stephanie King A unique and brilliant way to leverage will power; passionate, convincing, defiant and inspiring - all at the same time - Richard Guy *Never Binge Again* squelched that awful voice in the back of my mind which says 'you'll backslide eventually, no matter what.' Thanks to this book failure is no longer an option! - Warren Start I'm still reeling with the revelation I have the ability to *Never Binge Again*, just like my ability to never rob a bank, never push and old lady into traffic, or never jump off of a perfectly good cliff! [...] This book is THE TOOL I need to conquer ever attempting to satisfy emotional feelings with carbo-laden calories again! - Traci Rickards If you follow this simple program, you CAN see results without the 'normal' struggle. No eating foods you don't like. No fancy rules, schedules or psychotic workouts. It puts you fully in charge of your eating...and it's sustainable. - Keith Duncan CPT (Certified Personal Trainer) Refreshingly unlike any other nutrition/healthy-eating/wellbeing title I've ever read...and I've read quite a few! The total absence of charts, food diaries, calorie counters and so on is fabulous. - Celia Almeida

overcoming binge eating christopher fairburn pdf: *Cognitive Behavioral Therapy for Eating Disorders* Glenn Waller, Helen Cordery, Emma Corstorphine, Hendrik Hinrichsen, Rachel Lawson, Victoria Mountford, Katie Russell, 2007-04-12 This book describes the application of cognitive behavioural principles to patients with a wide range of eating disorders - it covers those with straightforward problems and those with more complex conditions or co-morbid states. The book takes a highly pragmatic view. It is based on the published evidence, but stresses the importance of individualized, principle-based clinical work. It describes the techniques within the widest clinical context, for use across the age range and from referral to discharge. Throughout the text, the links between theory and practice are highlighted in order to stress the importance of the flexible application of skills to each new situation. Case studies and sample dialogs are employed to

demonstrate the principles in action and the book concludes with a set of useful handouts for patients and other tools. This book will be essential reading for all those working with eating-disordered patients including psychologists, psychiatrists, nurses, counsellors, dieticians, and occupational therapists.

overcoming binge eating christopher fairburn pdf: Crave Cynthia M. Bulik, Ph.D., 2010-12-01 February 2007, a landmark clinical study by researchers at Harvard University was published in Biological Psychiatry and was soon picked up widely by the media. A survey of 3,000 participants found that 2.8 percent of them suffered from binge eating disorder (BED); that women were twice as likely to report binge eating; and that BED occurs across the age span, from children to the elderly. By extrapolating the statistics to the general population, health professionals estimate 5,250,000 American women and 3,000,000 men suffer from binge eating. The same month the study was published Jane Brody revealed in the New York Times that when she was a 23 years old, her food binges were so extreme that Many mornings I awakened to find partly chewed food still in my mouth.... Cynthia Bulik, director of the UNC Eating Disorders Program, is a foremost authority on binge eating. BED can affect anyone, and can be caused by brain chemistry, genetic predisposition, psychology, and cultural pressures--but none of those triggers make giving in to food cravings inevitable. Crave helps readers understand why they crave specific foods, recognize their individual triggers, and modify their responses to those triggers. Binge eating disorder is highly treatable; 70% to 80% of patients at the UNC Eating Disorders Program triumph over their binge eating by using techniques to curb the crave. Through the stories of some of these patients--men and women, young and old--and with the guidance of Bulik, readers will develop a variety of strategies to use in conquering their cravings and establishing healthy eating habits.

overcoming binge eating christopher fairburn pdf: Food Addiction, Obesity, and Disorders of Overeating Claire E. Wilcox, 2021-09-30 This book is written for providers of broad training backgrounds, and aims to help those who care for people with EDs, overweight and obesity provide evidence-based care. The goal of the book is to provide these providers with a straightforward resource summarizing the current standard of care. However, it goes further by also introducing the concept of food addiction (FA) as a model to understand some forms of overeating. This book discusses the pros and cons of embracing FA and reviews the evidence for and against the validity and utility of FA. By doing so, the chapters convey a "middle ground" approach to help people with obesity, BED, and bulimia nervosa plus FA symptomatology who also want to lose weight. The text discusses FA by reviewing several of the main ongoing controversies associated with the construct. It reviews both the clinical and neuroscientific evidence that some individuals' eating behavior mirrors that seen in substance use disorders (SUD), such as how their relationship with food appears to be "addictive". Chapters also discuss how many of the mechanisms known to underlie SUDs appear to drive overeating in animal models and humans. Finally, the text argues that the similarities between the brain mechanisms of addictive disorders and overeating behavior has the potential to open up new avenues for current treatment and treatment development. Food Addiction, Obesity and Disorders of Overeating: An Evidence-Based Assessment and Clinical Guide is suited for both medical and mental health practitioners, including physicians in primary care or psychiatry, nurses, psychologists, social workers, medical students and medical residents. It could also be utilized by researchers in obesity and ED fields, stimulating ideas for future research and study design.

overcoming binge eating christopher fairburn pdf: Cognitive Behaviour Therapy for Children and Families Philip Graham, Shirley Reynolds, 2013-03-14 Comprehensive, authoritative coverage of the cognitive behaviour therapy interventions for all conditions seen in children and adolescents.

overcoming binge eating christopher fairburn pdf: I Can't Stop Eating Sarah Dosanjh, 2020

overcoming binge eating christopher fairburn pdf: Essential Psychiatry Robin M. Murray, Kenneth S. Kendler, Peter McGuffin, Simon Wessely, David J. Castle, 2008-09-18 This is a major

international textbook for psychiatrists and other professionals working in the field of mental healthcare. With contributions from opinion-leaders from around the globe, this book will appeal to those in training as well as to those further along the career path seeking a comprehensive and up-to-date overview of effective clinical practice backed by research evidence. The book is divided into cohesive sections moving from coverage of the tools and skills of the trade, through descriptions of the major psychiatric disorders and on to consider special topics and issues surrounding service organization. The final important section provides a comprehensive review of treatments covering all of the major modalities. Previously established as the Essentials of Postgraduate Psychiatry, this new and completely revised edition is the only book to provide this depth and breadth of coverage in an accessible, yet authoritative manner.

overcoming binge eating christopher fairburn pdf: [Allen Carr's Easy Way to Quit Emotional Eating](#) Allen Carr, 2019-11-01 Do you eat when you're not hungry? Or when you're angry and upset? Do you eat to control your feelings? Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by unravelling the brainwashing that leads us to desire the very thing that is harming us, meaning that we are freed from the addiction rather than merely restricting our behavior. The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can eat as much of your favorite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston His skill is in removing the psychological dependence. The Sunday Times I know so many people who turned their lives around after reading Allen Carr's books. Sir Richard Branson

overcoming binge eating christopher fairburn pdf: [The Binge Cure](#) Dr. Nina Savelle-Rocklin, 2019-08-07 If you lose control over food and are tired of obsessing over every bite, you're not weak or a failure; you're just trapped in a negative coping strategy. Now, there's a new way to beat Binge Eating Disorder. If you're dealing with binge eating or have an unhappy, unhealthy relationship with food, know this: your behavior has nothing to do with willpower or control, and it's not about food addiction. The Binge Cure will teach you exactly how to create permanent and sustainable change. Discover how to banish bingeing, stop emotional eating, and create a life of freedom, purpose, and joy. If you've been stuck in a continuous cycle of dieting and bingeing, don't worry, there is hope. Dr. Nina shares the successful tools she has used in her successful private practice and coaching programs to help people all over the world heal their relationship with food. Learn how to crack the code of emotional eating, get yourself out of a diet-binge trap, identify your hidden triggers, express your feelings, and make lasting changes with these powerful strategies that will help you stop binge eating, lose weight, and gain health. Discover which emotions you are feeling based on the type of foods you are bingeing with The Food-Mood Formula. Using the approach in this book, you can overcome compulsive eating, weight fluctuations, and those seemingly unstoppable food cravings. If you feel stuck, as if areas of your life are on hold until you get a handle on food, there is hope for lasting change. Filled with illuminating case examples and concrete exercises, this self-help book will change your life. The Binge Cure will help you break through your emotional hunger to satisfy your real cravings and learn how to truly comfort yourself--without food. WHO SHOULD BUY THIS BOOK? This book is specifically created for those who feel out of control around food. This is for you if you: Struggle with Binge Eating Disorder Want to stop the diet-binge cycle Eat your emotions—any emotions! Feel guilt and shame after you eat Find yourself Binge Eating at night Want to lose weight without dieting Food freedom awaits. It's time to ditch your inner critic, stop the fat talk, and be a real friend to yourself with the help of this self-help book. Instead of focusing on what you weigh, focus on what's weighing on you. If something is bothering you, you can't starve it away or stuff it down--and you cannot measure your true value on a bathroom scale. Get ready to break the diet habit and make peace with food--and

yourself--so you can lead a binge-free happy life.

overcoming binge eating christopher fairburn pdf: Beating Your Eating Disorder Glenn Waller, Victoria Mountford, Rachel Lawson, Emma Gray, Helen Cordery, Hendrik Hinrichsen, 2010-09-30 Do you or does someone you know, suffer from an eating disorder such as anorexia nervosa, bulimia nervosa or a less typical set of symptoms? The most effective, evidence-based treatment for adults with eating disorders is cognitive-behavioural therapy (CBT). This book presents a highly effective self-help CBT programme for all eating disorders, in an accessible format. It teaches skills to sufferers and carers alike. This book is relevant to any sufferer, if: • You are not yet sure about whether to seek help • You are not sure where to find help • Your family doctor or others recommend that you try a self-help approach • You are waiting for therapy with a clinician, and want to get the best possible start to beating your eating disorder

overcoming binge eating christopher fairburn pdf: Brief Cognitive Behavioural Therapy for Non-Underweight Patients Glenn Waller, Hannah Turner, Madeleine Tatham, Victoria Mountford, Tracey Wade, 2019-05-10 Most people with eating disorders struggle to find an effective therapy that they can access quickly. Brief Cognitive Behavioural Therapy for Non-Underweight Patients: CBT-T for Eating Disorders presents a new form of cognitive behavioural therapy (CBT) that is brief and effective, allowing more patients to get the help that they need. CBT is a strongly supported therapy for all adults and many adolescents with eating disorders. This 10-session approach to CBT (CBT-T) is suitable for all eating disorder patients who are not severely underweight, helping adults and young adults to overcome their eating disorder. Using CBT-T with patients will allow clinicians to treat people in less time, shorten waiting lists, and see patients more quickly when they need help. It is a flexible protocol, which fits to the patient rather than making the patient fit to the therapy. Brief Cognitive Behavioural Therapy for Non-Underweight Patients provides an evidence-based protocol that can be delivered by junior or senior clinicians, helping patients to recover and go on to live a healthy life. This book will appeal to clinical psychologists, psychiatrists, psychotherapists, dietitians, nurses, and other professionals working with eating disorders.

overcoming binge eating christopher fairburn pdf: Bulimia Lindsey Hall, Leigh Cohn, 2010-11-10 This intimate self-help guidebook offers a complete understanding of bulimia and a plan for recovery. It includes a two-week program to stop bingeing, ideas for things to do instead of bingeing, a guide for support groups, specific advice for loved ones, and Eat Without Fear, Lindsey Hall's story of her self-cure, which has inspired thousands of other bulimics. This 25th anniversary edition updates all information from previous editions, with additional material on assessment, new diagnostic categories, men and bulimia, evidence-based treatment, family-assisted recovery, the influence of media (including the Internet), the essentials of long-term recovery, and much more. Drawing on its established track record of success, Bulimia: A Guide to Recovery includes input from 400 recovered bulimics and is packed with valuable tips for therapists, educators, bulimics, and their loved ones.

overcoming binge eating christopher fairburn pdf: Lying in Weight Trisha Gura, PhD, 2009-10-13 A girl with an eating disorder grows up. And then what? In this groundbreaking book, science journalist Trisha Gura explodes the myth that those who suffer from eating disorders, including anorexia nervosa and bulimia nervosa, are primarily teenage girls. In truth, twenty-five to thirty million American women twenty-five and older suffer from serious food issues, from obsessions with calorie counting to compulsions to starve then overeat. These diseases often linger from adolescence or emerge anew in the lives of adult women in ways that we are only now starting to recognize. Drawing on her own experience with anorexia, as well as the most up-to-date research and extensive interviews with clinicians and sufferers, Gura presents a startling, timely, and imperative investigation of eating disorders all grown up, and offers hope through understanding.

overcoming binge eating christopher fairburn pdf: Binge Eating Disorder Amy Pershing, Chevese Turner, 2018-08-06 Binge Eating Disorder, written by a clinician and an advocate who have personally struggled with Binge Eating Disorder (BED), illuminates the experience of BED from the

patient perspective while also exploring the disorder's etiological roots and addressing the components of treatment that are necessary for long-term recovery. Accessible for both treatment providers and patients alike, this unique volume aims to explore BED treatment and recovery from both sides of the process while also providing a resource for structuring treatment and building effective interventions. This practical roadmap to understanding, resilience, and lasting change will be useful for anyone working clinically with or close to individuals suffering from BED, as well as those on the recovery journey.

overcoming binge eating christopher fairburn pdf: Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder Rene D. Zweig, Robert L. Leahy, 2012-01-18 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.

overcoming binge eating christopher fairburn pdf: How to Be Single and Happy Jennifer Taitz, 2018-01-16 Single, less stressed, and free If you're tired of swiping through dating apps, ghosting, and hearing well-meaning questions about why you're still single, it's hard not to feel "less-than" because you haven't found your soul mate. Until now. *How to Be Single and Happy* is an empowering, compassionate guide to stop overanalyzing romantic encounters, get over regrets or guilt about past relationships, and identify what you want and need in a partner. But this isn't just another dating book. Drawing on her extensive expertise as a clinical psychologist, as well as the latest research, hundreds of patient interviews, and key principles in positive psychology, Dr. Jennifer Taitz challenges the most common myths about women and love (like the advice to play hard to get). And while she teaches how to skillfully date, she'll also help you cultivate the mindset, values, and connections that ensure you'll live your best, happiest life, whether single or coupled up.

overcoming binge eating christopher fairburn pdf: Eating Disorders and Obesity Christopher G. Fairburn, Kelly D. Brownell, 2005-07-01 This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative, accessible, and eminently practical volume. From leading international authorities, 112 concise chapters encapsulate the latest information on all pertinent topics, from biological, psychological, and social processes associated with risk, to clinical methods for assessment and intervention. The contents are organized to highlight areas of overlap between lines of research that often remain disparate. Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume.

overcoming binge eating christopher fairburn pdf: Managing Severe and Enduring Anorexia Nervosa Stephen Touyz, Daniel Le Grange, Hubert Lacey, Phillipa Hay, 2016-02-26 Based on the only evidence-based randomized controlled trial yet undertaken in patients with severe and enduring anorexia nervosa, *Managing Severe and Enduring Anorexia Nervosa* uses the results of that trial to present a new paradigm for treatment. Moreover, this informative new text assembles the leading scientists across three continents to provide a comprehensive overview and new paradigm for treatment and stimulate interest in the development of new psychosocial approaches. Students, clinicians, and researchers in the field of eating disorders will find this edited volume a valuable reference handbook in the clinical management of patients with anorexia nervosa.

overcoming binge eating christopher fairburn pdf: The Bulimia Help Method Richard Kerr, 2014-11-07 I am truly extraordinarily impressed with the Bulimia Help Method. It is really impressive and very approachable - Susan Paxton, Past President of the Academy for Eating Disorders & Professor at La Trobe University There is much helpful, practical, and inspirational advice in this program, which is all backed by thorough research and the experience of thousands of

recovered bulimics. - Kathryn Hansen, Author of *Brain over Binge The Bulimia Help Method* introduces readers into a five-step process that teach those seeking recovery how to stop bingeing, relearn normal eating and overcome bulimia for life. Inside you will find: - A unique step-by-step treatment plan for overcoming bulimia nervosa - A new empowering perspective on why you binge and how to remove the urge - Effective strategies for dealing with relapses - Comprehensive guidance for creating a meal plan - How to ensure you stay recovered and at your healthy ideal weight for life - How to remove food obsession and anxious emotions - How to rebuild a healthy relationship with food so that food becomes just food - How to let go of food rules, restriction and fears Actual Reader Feedback: "The Bulimia Help Method has saved my life. I don't say that lightly. I have been bulimic for 10 years and I have been full of despair. I thought I would never recover and this sad sham of a life was what mine would be. I have been to doctors, therapy, and read every self-help book; this was the first time anything worked. I finally have hope again!!!" - Nadine "I am in a position to graduate from your recovery program. After over 45 years of disordered eating this is quite incredible! I would like to express my profound gratitude to you for compiling a system that works. Once more I have a potential to live life, be happy, healthy and help others along the way." - Pat Mary "I had bulimia for 13 years when I came across this program. I am not sure what compelled me to purchase because I secretly believed that there was nothing that could help me, but now almost 6 months later I am on my way to being free of bulimia forever" - Sarra

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Cash, 2008-07-02 Have you ever wondered what it would feel like to accept and enjoy the way you look instead of constantly worrying about and criticizing your appearance? What if instead of focusing on your flaws, you felt confident with the body you have right now? If you don't like what you see when you look in the mirror, you may not realize that these feelings are entirely within your grasp. You don't need extensive cosmetic surgery, pricey beauty treatments, or weight loss programs, but you may need to do something even more drastic-change your perspective and the way you view yourself. The Body Image Workbook offers a comprehensive program to help you stop focusing on your perceived imperfections and start feeling more confident about the way you look. As you complete the helpsheets in this book, you'll learn to celebrate your body instead of feeling ashamed of it. This new edition includes discussions of our obsession with physical appearance and with body-fixing options. It helps you discover your personal body image strengths and vulnerabilities and then guides you in creating new, life-changing experiences of mindfulness and body acceptance. After completing this eight-step program, you'll look at yourself in a whole new light-seeing the beauty of the real you.

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