



Binge No More: Your Guide to Overcoming Disordered Eating with Other

By Joyce D. Nash



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In *Binge No More*, eating disorder specialist Dr. Joyce Nash provides all the information, encouragement, and guidance readers need to transform their relationship with food. Readers will identify with the experiences of other binge eaters whose insightful stories are told throughout the book. Rather than providing a one-size-fits-all solution to binge eating, Dr. Nash provides a variety of sound cognitive therapy techniques and coping strategies to help readers understand their own binge eating problems and overcome them. Therapists and family members concerned about a loved one's eating disorder will also find this book a valuable resource.

Based on the most recent scientific research, and reflecting Dr. Nash's many years of clinical experience, this authoritative guide presents clear, step-by-step guidelines that show readers how to:

- Assess and change binge behavior patterns
- Confront the negative thoughts that fuel binge eating
- Identify and disarm triggers that set off out-of-control eating
- Cope with emotions and build interpersonal skills
- Establish stable, healthy eating habits and reduce the risk of relapse

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Editorial Review

Review

“This is a clear, easy-to-read guide for binge eaters, as well as their family members and therapists. It offers a well-researched, step-by-step program...a most valuable resource for eating disorder professionals and the people with whom they work!”

— Deborah Brenner-Liss, Ph.D., Founder and Director of the Association of Professional Treating Eating Disorders

“Binge No More provides wonderful background and insight into disordered eating and offers practical tools to aid recovery.”

— Stephanie Brooks, M.S., R.D., Nutrition Consultant and Educator, Bay Area Nutrition

About the Author

Joyce D. Nash holds two Ph.D.s—one in clinical psychology from the Pacific Graduate School of Psychology, and one in communication from Stanford University. She is the author of seven previous books and numerous articles on various behavioral medicine subjects.

Users Review

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