

Brain Over Binge

When a binge feels like it's taking over, the most effective first step is to create a pause between the urge and the action. Even a 10-minute delay can weaken the compulsion enough to regain control. ... I believe binge eaters can take control back from the primitive part of their brain, and use their higher cognitive power to chart a path to recovery in the most efficient way possible.

May 1, 2026 · Brain over Binge offers a simple, alternative approach to stop bulimia and binge eating disorder, without the confusion of mainstream therapy. Second Edition: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 ... Mar 23, 2014 · Brain over Binge is different than other eating disorder books which typically present binge eating

and purging as symptoms of complex emotional and psychological problems.

Kathryn ... May 1, 2026 ·

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Brain over Binge by Kathryn Hansen

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Brain Over Binge

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