

Brain Over Binge

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 ... Apr 11, 2022 · 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 ... 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

... 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. Brain over Binge is author Kathryn Hansen's personal account of overcoming bulimia through insights from neuroscience. For years, traditional therapy failed to address the underlying issue driving ... 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. ... Apr 12, 2022 · 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 ... May 1, 2026 · Kathryn's podcast

provides a simple, brain-based approach to ending binge eating, and gives you valuable guidance as you recover from bulimia and BED. Mar 17, 2026 · "Brain Over Binge" by Kathryn Hansen offers a compelling blend of personal narrative and scientific insight into bulimia and binge eating disorder. Unlike traditional approaches that frame ...

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