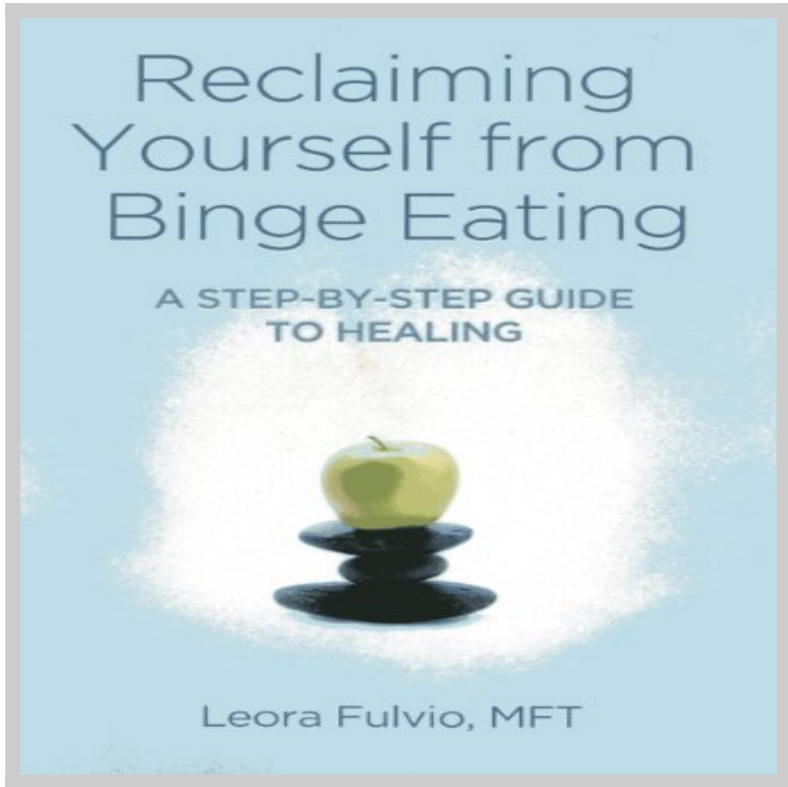


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## **Reclaiming Yourself Binge Eating Step By Step Book Preview**

If you understand what it's like to be caught up in the trap of binge eating, emotional eating, mindless eating, or the constant loop of dieting and binge eating, then this book is for you. Compulsive eating, then dieting, then cheating on your diet, then bingeing, then starting a new diet again is like being trapped in an undertow. You might feel like you are constantly swimming against the current, only to find yourself exhausted and drowning. This book is your lifeguard. It will help you stop struggling, pull you out of the undertow and help you find peace around food and your body image.

Leora Fulvio, a psychotherapist specializing in the treatment of eating disorders has designed this book to be like your own pocket therapist.

Â Each chapter is both an assignment and an exploration that will help you get closer and closer to feeling like yourself again or feeling normal around food for the first time. It will help you to stand up and reclaim yourself against the tyranny of compulsive eating, emotional eating and binge eating.Â