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# The Brain Over Binge Recovery Guide: A Simple And Personalized Plan For Ending Bulimia And Binge Eating Disorder

THE

## BRAIN OVER BINGE RECOVERY GUIDE

A SIMPLE & PERSONALIZED PLAN FOR  
ENDING BULIMIA AND BINGE EATING DISORDER



KATHRYN HANSEN

Featuring a Foreword & Contributions by Amy Johnson, Ph.D.



## Synopsis

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 encourages and enables binge eaters to recover 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.

## Book Information

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## Customer Reviews

I highly recommend this book for anyone that has suffered with food issues (anorexia, bulimia, Binge eating, emotional eating). I loved Kathryn Hansen's first book (Brain Over Binge). But I feel this The Brain Over Binge Recovery Guide goes into more depth in ALL the right places. Many of the new segments address my exact questions and struggles after reading the first book. It really think is worth reading even if you read the first book because it's more of a how-to Guide. It is the most definitive resource on how to break free of bulimia/BED. I have highlighted several sections and bought in Kindle AND paper copy. Every section makes a lot of sense and is intuitive to me. I only wish there was an AUDIOBOOK version for those of us that don't have instant recovery. I noticed my recovery insight comes/came in stages. And it took me awhile to un-do the 30 years of conditioning to rewire my brain and change my perspective on what bingeing "does" for me. There is a simplicity in this approach: 1. Learn to recognize and say no to urges and 2. eat adequately. I personally noticed that my urges dramatically subsided with eating regularly and enough. My urges beyond that are much easier to see as separate from myself and therefore I did not need to act on them. This book also addresses non-binge eating including non-hungry urges and emotional eating. I realized that my emotional eating triggers really do try to address an emotional lack with food. Now, I know that these can be dealt with other self soothing techniques I've learned form other books (End Emotional Eating). Most importantly, this book really gives HOPE. That yes, we can all recover. I now believe I'm in recovery. I have the insight to face the urges eagerly knowing that I can rewire my brain.

This is it. This is THE GUIDE. Don't buy anything else. I have read them all believe me. All the geneen roths intuitive eating josie spinardi and a bunch more to boot. I am a very rational person and this book made so much sense to me-- I feel like it was written about me. I actually LAUGHED OUT LOUD by some sections because the way she explains it, it's like- ohhhhh. Yesssssss! Exactly! I giggled bec it was so obvious and so obviously true!! The premise is this: it doesn't matter HOW you got to be a binger. (Don't worry you people who like to know the whys and how's she DOES explain it beautifully.) However you arrived at bingeing, the treatment is the same, because your brain now has this primal instinct to protect you and thinks if you don't binge you'll die. And to any of my fellow bingers- how true is that!!?? So you get all anxious and you MUST calm that urge down. What I adored was how she explains that the urge to binge does NOT come from being angry lonely tired sad bored etc. every other book I ever read said it MUST be stemming from those emotions or maybe a screwed up childhood etc. but I had a great childhood and even when I have nice pleasant days (I'm a mommy of 5, ages 11 down to 5 month old so my days are cray cray) I still binge. Wtf!

So all those other books never rang a bell with me. I would try to figure out why I binged but could never think of a reason. She explains very clearly that that is not it. And also why conventional therapy doesn't help bingeing. Even cbt therapy which I did try!!! So basically your brain just goes to this place where it's like- binge or die. Her method is learnt to dismiss the urges (because there is that teeny moment between the urge and the 70,000 calories later that you had the chance to STOP using your rational brain).

This is a wonderful addition to Kathryn's first book, *Brain Over Binge*. Unlike the previous review, I was actually helped by the advice of this guide to start off not restricting my calories, and begin to eat adequate meals. I think I may have understood this in a way that helped me very much! When I read about what Kathryn eats as an adequate meal, I understand very clearly that the message is about taking it easy on my mind here. The author already knew that once I started to dismiss my urges I would be in overdrive to get to the eating healthy and losing weight stage... Go go go. But, part two here is helping me slow down and learn to eat like a normal eater does! I think the misunderstanding might have come from the definition of what adequate eating is. So, for example, last night I came home and had a sprouted sourdough bread sandwich with hummus, poblana pepper and a couple little slices white cheddar, with some blueberries and part of a baked potato. I saw the little purple yam in the fridge that I had baked, and I put that on my plate too- because I did not want to restrict, like the book says, right?!. So I was enjoying my meal and eating away. When I got to the little yam, I was actually fine to stop; but I had a couple big bites and then put it down- now I was full full. I am learning here, that what I may think is adequate eating will lighten up the more I queue into my body and just sitting with feeling full, but not overly so, and I love it! I will lose weight eating my adequate meals, I know this. Restricting the extracarbbs or calories past full is fine with the author and exactly what I see in her meal plans, but I am not letting myself get into the dietheadspace. This may take longer for me to lose weight, but that is fine.

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