



# BRAIN OVER BINGE

*Why I Was Bulimic,  
Why Conventional Therapy Didn't Work,  
and How I Recovered for Good*

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One woman's story  
gives binge eaters hope,  
a new perspective, and  
a commonsense cure.



Kathryn Hansen

# Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good



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Mind over Binge provides both a gripping personal accounts and an informative scientific perspective in bulimia and binge eating disorder. Human brain over Binge differs than other consuming disorder books which typically present binge eating and purging as symptoms of complex emotional and psychological problems. The author, Kathryn Hansen, candidly shares her experience as a bulimic and her alternate method of recovery. Kathryn disputes this mainstream idea and explains why traditional consuming disorder therapy failed her and fails many. Brain over Binge is certainly a brave book that will help many by delivering the best and inspiring message of free will, self-reliance, and self-control. Kathryn also sheds brand-new light on eating disorder topics such as low self-esteem, poor body picture, and dieting. She clarifies how she came to understand her bulimia in a fresh method – as a function of her mind, and how she utilized the energy of her brain to recover – quickly and permanently.



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Good Information, but be warned..I know it's only been a week and I've got a long journey ahead of me but We am thus thankful that I came across this book because right now I have some self-confidence in my capability to fight and WIN. Overall, I liked that which was presented in this publication, however I think there are some things that could be dangerous or damaging for several people. She has lifted a huge weight from my shoulders! So you might say I AM among those practitioners that this writer rags on. New science on the brain offers led to a whole lot of new means of thinking in the field of addiction and recovery, nevertheless the brain science she describes is usually what influenced the new labeling of substance abuse as a DISEASE versus a CHOICE. That is opposite from what she's arguing in this publication. The mind mechanics just make sense to me and I am able to view myself as a person with a standard and healthy mind that simply got too proficient at remembering how to execute a destructive thing. This is actually the fundamental premise behind the disease model of addiction. The only difference between the individuals who heal and the people who don't, is definitely that those that heal stay persistently focused on their own procedure for growth and recovery. Some individuals do not have the cognitive methods to simply split their "human" human brain from their "animal" brain. You want the meals! I will agree that some individuals suffering with binge eating don't have any significant trauma to sort out, but what she does not mention is that the majority of people with taking in disorders Perform. For the individuals out there who haven't any significant trauma and their bingeing is simply linked with their years of restriction and/or chronic dieting, then perhaps this approach could work alone. I think each person is different when it comes to stopping an addiction. I went back to school for guidance due to just how many of my clients had been disclosing sexual trauma, food insecurity problems, physical abuse, domestic violence, and so on when they were arriving at me (a dietitian) for help with their meals and eating problems. I wake up and I'm thrilled to recall all that I did NOT eat the night before. The writer almost makes it seem foolish that you would have to work on yourself for years in order to heal your meal challenges, however the reality is that for some people with serious trauma, PTSD, or various other mental health challenges, this is actually the case. AND IT'S OK. Please read this with a grain of salt, and like other things, take what works for you personally and toss what doesn't. Consuming consumed me. Everyone heals their romantic relationship to food differently, and there is no wrong way. I believe her strategy is concerning, not because it can't function, but because it aggressively discounts additional means of treatment. Under no circumstances give up on yourself and your trip. And recognize that there's ordinarily a message or existence lesson in our challenges and suffering. We're born out of our struggling, and its own often here to teach us something. You are not fundamentally flawed, or damaged. Just coping with life in the simplest way you know how. Sending lots of love and caring thoughts to those suffering under the burden of eating issues. There is a route to recovery for you personally, just continue keeping on. I have been a major binge eater within the last calendar year and probably gained 50 pounds. I've a bingeing disorder but I don't purge so I'm just fat. I heard about this reserve while hearing a weight reduction podcast where there is an interview with the writer. What she was stating intrigued me therefore i looked it up. I browse a whole lot of reviews and most seemed really good but I was just a little skeptical about spending \$9 on an eBook. Ahead of this week, mornings were filled up with regret and dread as I remembered what I had completed. I'm finally seeing the scale go down and I'm no more completely obsessed with food and hating myself for wanting or eating it. But. Honestly, I think I was in denial approximately the actual fact that I actually had an eating disorder. But it's really true. I didn't believe I ever felt deprived. Reading this book has really opened my eyes. Very happy with this purchase Found its way to perfect condition All of the calorie consumption and junk. I thought about food constantly. After that, of program, I needed something lovely. I was miserable, not understanding why I had this extremely solid desire to stop eating dinner out of control but yet remained just that--out of control. It had been like Optimus Primary and Megatron had been having a battle in my own mind. Eat

the food! Not the habits I have formed. Perhaps it's that easy for some, but if you're not one of them, it generally does not mean there's anything incorrect with you. I cannot believe you merely ate the meals! It was a constant fight all day every day. I enjoyed to venture out and eat a big meal and then visit the store and purchase snacks to go home and eat in private. But that didn't function for me. It had been nothing at all to down a whole package of creme pies in just a matter of minutes. I would buy entire birthday cakes and packs of cupcakes and eat them by myself. I'm sure we've all attempted that approach. When I wasn't thinking about it directly, I was great deal of thought in the form of shame for what I had eaten or wanted to eat and how horrible it feels in my own body. I've stopped telling myself I can't have certain items. I could do okay at work but I would pull in the driveway and immediately start a mental inventory of what I actually had to look forward to eating when I acquired in the house. THERE IS NO ONE PATH TO Recovery AND RECOVERY. It appears too basic. I had lost 60 lbs in about 5 months. I was content and I felt great. I recall passing candy and cake displays and not even batting an eye. But I got let go. I got depressed. I really do think this book will provide a real advantage to many people. My initial binge food was a pack of creme horns with a chocolate milk. I was so disgusted and disappointed in myself. I ate all of them in my car and downed the milk and then ran into my backyard to throw everything up. I couldn't perform it though. ED's aren't a choice. Hence, the 80 pound weight gain during the last several years which includes led me here. THE KNOWLEDGE and Answers I Needed! Probably technically, "obese". I've go through all the techniques that say it's an psychological thing. Worth reading I enjoyed this reserve a lot. You need to figure out what you're feeling and address it instead of eating. Part of me would say, I am not likely to buy junk food while the other component was scanning the aisles. I didn't feel like I was burying any childhood hurts or escaping any unpleasantness. I under no circumstances could find that emotion or feeling and I still wanted to eat and I did so. I know many people say they were disappointed by this reserve and didn't think that it had been much more than the message "simply don't carry out it". When I believe back, this all stems from the period I did the South Beach diet plan. I usually felt like there was something amiss with me but I under no circumstances considered that I might actually qualify for the official E. I would order pizza and also have Ramen noodles and a sandwich and a microwave burrito while I waited and still eat the complete pizza when it arrived. And as she claims, everything won't function for everybody. However, it has worked for me. Since reading this book, I have not binged once in the last 7 days. I've barely acquired any urges. I just feel like this book's disregard for the people who are functioning through trauma is definitely a little bit regarding. After a few days, I decided to simply do it because I've spent more than \$9 on a binge, haven't I? Just how much I had consumed. I'd do well for a bit but then move crashing down, doubling the fat I had lost. The climbing number on the scale. I don't know how to explain exactly how but this book just managed to get click for me. It's never that simple. Not my urges. Don't eat the meals! When I've had situations where I considered eating for simply no reason, I tell myself, "You don't want to eat. You are not hungry. I couldn't surface finish it. Good try tho! To accompany that, I've stopped dieting. I've stopped restricting foods. Each day I ate such as this. It has freed me.. I related so very much to her story that I felt like I could possess written it. I'm not acting on insane urges to gorge myself because I'm devoid of them at the strength that I was before scanning this. Because addicting substances and behaviors obtain programmed in to the pleasure/incentive centers of the mind (survival loops), we are powered to these things in a manner that feels as though it's outside our control. I've trained myself to brush my tooth twice a day unfailingly and now I'm teaching myself to avoid eating food because it's right now there, or I had a bad day or perhaps a good day. I will post an update as time passes but if you've had a similar encounter and using the emotional approach hasn't helped you, I definitely recommend you get this book and read it in one sitting!" For the first time in my lifestyle, I'm informing myself no and I'm listening. I've tried before and forced vomiting isn't a skill I possibly could master. "I" am in charge. Good Good book! Highly

recommend Love it I really like the way she describes her experience and covers every base some value information that should benefit many binge eaters the book has a large amount of food information. it repeats lots of things (like many books) and is most likely 100 pages longer than it must be. I have had an feeding on (eat to very much and put on weight) problem for 25 plus years. however, when I hit 40 (about 7 years back it got much even worse). Wow! I simply haven't experienced the willpower to stop bingeing and fear for my health easily don't turn issues around (I am 100 pounds overweight at this time). I read this reserve with high hopes. there was a SHIFT when I read the book (I possibly could feel it). something clicked on my mind and my eating changed. many other reviewers state the same thing. however, my shift only lasted 3 days and it was back to the same ole bingeing. I sought comfort. nonetheless it didn't for me. I believe the author's approach can certainly be helpful, but would work better as a health supplement to nutrition guidance and therapy, instead of blatantly disregarding all the methods to treatment. but I do think for certain people this book provides a PERMANANT Change you need to stop binge-ing. GOOD LUCK and I hope if you purchase this book, it does work. Have had only one 1 small binge since scanning this w e e k s ago! Yes, it's repetitive and may cover the content in half the space, nonetheless it works! Hansen's description relieved the cravings and accompanying guilt that have plagued me for decades! I'm a Registered Dietitian (utilizing a functional holistic approach) and I'm also in grad college getting my Masters in Guidance. Thank you! I need not hate myself anymore. eh extremely repetitive. It's a habit also to break a habit you must stop carrying it out! but others might enjoy it. The reviews made it better than it really was. That if you are wanting to eat if you are not hungry, it's because of a feeling. It helped me gain insight into a few of my own encounter and I enjoyed learning more about the mind. I've never gone to therapy for my weight issues but I've examine every diet plan book and tried every gimmick.



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