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BINGE EATING DISORDER

The Journey to
Recovery and Beyond

Amy Pershing with
Chevese Turner

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Amy Pershing and

Binge Eating Disorder: The Journey to Recovery and Beyond



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Binge Eating Disorder, compiled by a clinician and an advocate who have personally struggled with Binge Eating Disorder (BED), illuminates the experience of BED from the individual perspective even though also exploring the disorder's etiological roots and addressing the components of treatment that are necessary for long-term recovery. This practical roadmap to understanding, resilience, and lasting transformation will be useful for anyone operating clinically with or near individuals suffering from BED, as well as those on the recovery journey. Accessible for both treatment companies and patients alike, this unique quantity aims to explore BED treatment and recovery from both sides of the process while also offering a resource for structuring treatment and building effective interventions.



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Outstanding brand-new resource for professionals and people with binge eating disorder This book fills a gap inside our understanding of BINGEING Disorder by perfectly melding the eloquently expressed lived experience of Chevese Turner and the seasoned clinical expertise of Amy Pershing. The idea of view is broad and integrative, drawing on personal and clinical knowledge and current analysis to address the myriad elements that can predispose you to definitely develop this crushing disorder. As a client of this book's author, I have to say that this book contains the primary of everything she has taught me, and then more! Steeped in wisdom, compassion, honesty, and educational expertise this book is a must-read for healthcare providers of all disciplines as well as individuals struggling with symptoms of bingeing disorder and the individuals who care about them. In case you have, or question if you have, BINGEING disorder, this book can help you understand what might feel just like irrational, uncontrollable behaviors, and the pain that comes with them. Predicated on these elements, the authors then outline carefully developed therapeutic equipment and a street map for recovery. I particularly liked reading the scenarios by Chevese at the beginning of each chapter and the additional quotes of comments by Amy's customers. The author explains why, as a desperate self-preservation attempt, BED "is practical" at the time, and explains alternate coping strategies which will help break the consuming disorder cycle. And knowing that the author herself has and is certainly living with BED in addition has helped me so very much. The amazing lists of references are also amazing - in case you are reading the publication and the ideas of a person especially resonate with you, look up more of the works of this scholar/reference and provide them to your therapist or if you don't have one, really focus on their ideas as possible.

Essential BED Read An absolute gift to people diagnosed w/ BED and their treatment suppliers. It brings validating voices to the thousands of readers and folks with BED who experience alone in the world. A must read for the BED individual. An amazing tool. Validating and Helpful Book I'm thus happy this publication exists. A BED patient, I have done 5 years of psychotherapy and a lot of reading and introspection and this is by far among the best resources I have found. It is usually me in every web page, and I can't soak it in fast plenty of. This book explains the how and the why behind it, pulls everything together and just fingernails it. Deep understanding of Binge Eating Disorder and a compassionate way to recovery. It is as practical since it is wise, providing the reader the 5 Practices of BED Recovery. It addresses the interpersonal pressures, misogyny, weight stigma, and billion-dollar diet plan industry that contribute to eating disorders in general and BED in specific. The author cites brain research that demonstrates the impact of trauma and its role in establishing the stage for what, to unaffected people, must look like an unexplainable behavior - regularly eating far beyond comfort. It really helps to hear the voices of others coping with the same problems I have around eating, because it's just so easy to feel just like I am the only person in the globe going through this. With the understanding that comes from having "been there" herself and the compassion gained from decades of treating BED, Amy lays out a journey from bingeing, and the shame and isolation that it prospects to, back to self. She encourages self-compassion and provides working ways of cope with emotions that may trigger binges. The reserve does an excellent work telling the reader what BED is definitely, and just as important, what it isn't. Chevese's narration of her lifestyle with BED serves to make the experience real to therapists and family who don't themselves have BED and you will be recognizable and validating to people who do. If you are a pal or relative of someone with BED, this book will help you understand how your loved-ones' eating disorder comes battle to cope with past trauma. If you are a therapist or other practitioner would you not specialize in treating BED, this reserve will

help you look for compassion and understanding of sufferers with BED and help them talk about recovery and create remedies appropriate for them. Information that Functions! With the practices it spells out, and perhaps the aid of a therapist, you can begin your own way to recovery. This field is so new, and so many mental medical researchers don't realize what BED is actually about that you may want to educate your therapist - I actually sought out quite a long time before I found the Center for Eating Disorders in Ann Arbor, MI and joined up with the group of clients that drive distances for their skills. Truly accessible for all audiences. Readers will discover themselves (or their clients) in the chorus of voices and not feel so by itself or dropped in the treatment and recovery process. Her four-step POWR process assists mindfulness, understanding, and self-compassion, and can be used to try and stop a binge before it starts or in the aftermath of 1 to prepare oneself to push away another one. It explains how BED involves develop and really normalizes BED as trauma survival (and in addition binge behavior as a reaction to dieting) to take the shame out the diagnosis (and the behavior). This book, "BINGEING Disorder: The Journey to Recovery and Beyond" covers so much ground. I envision this book being referenced over and over throughout the recovery process by clients and it being a staple in every clinical libraries. An amazing resource. Avoid being afraid - this book alone can get you understanding and developing toward health and an acceptance of yourself about food issues. So a lot of women and men believe that they've failed diet programs when actually the diets possess failed them. Pershing and Turner help customers and clinicians as well feel validated and realize why this disorder is so prevalent and deserves compassionate, thoughtful and very reasonable treatment. There is so much GOOD packed into this slender book. Well done.



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