

Date:

Eating Disorders and Weight

5.3

Title: **Overcoming Binge Eating**

Author(s): **Fairburn**

Publisher: **Guilford**

Year: **1997** ISBN: **0898621798**

Eating Disorders and
Weight 5.3

- **Uses clear step-by-step guidelines to offer advice on how to bring binge eating under control and have a healthier relationship with food**
- **Introduces the effects, causes and treatment of binge eating problems**
- **Includes a self-help section which gives advice on:**
 - **Regular eating**
 - **Alternatives to binge eating**
 - **Problem solving**
 - **Dieting and avoidance**
 - **Preventing relapse**

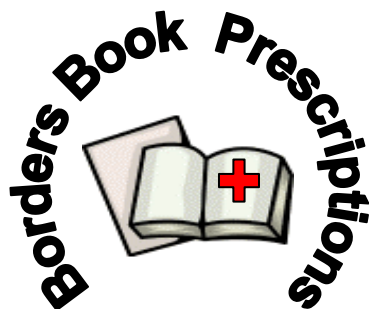
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