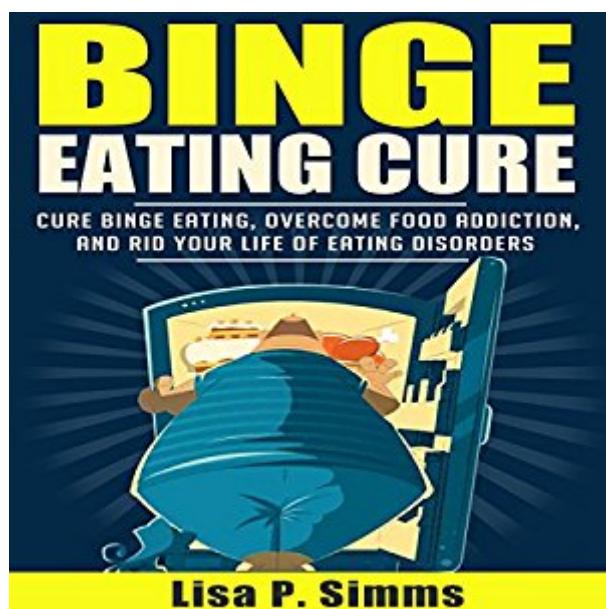


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# Binge Eating Cure: Overcome Food Addictions & Rid Your Life Of Eating Disorders, Volume 1



## **Synopsis**

Discover how to cure your binge eating addiction once and for all! Before you read any further, answer these simple questions: Have you grown tired of failed attempt after attempt to rid yourself of your binge eating addiction? Do you ever wonder if there is any other way to have a happier, healthier, more fulfilling relationship with food? Have you been dreaming of living your life totally free of the negative emotions and self-perceptions that come with this soul-sucking disorder? If you answered "yes" to at least one of the above questions, then this book is just what you need to get informed, grow confident, and take the steps necessary to get exactly what you want out of your life and your relationship with food! *Binge Eating Cure: How to Cure Binge Eating, Overcome Food Addictions, and Rid Your Life of Eating Disorders* was written with curious, dedicated, and open-minded listeners like you in mind. In this audiobook, you will discover hidden secrets that regular run-of-the mill websites and advice columns don't tell you. You will learn different techniques to help you create a plan that you can stick to in virtually any situation. You will acquire a set of tools that will help keep you from slipping off-track, while giving you the motivation to pick yourself right back up again if you just so happen to backslide; because after all, nobody is perfect! You will discover top turbo-charged tips for conquering cravings! And much, much more! So what are you waiting for? Take action, not now, but right now, and grab this exciting road map to curing binge eating, once and for all!

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

I am a compulsive eater so I read this book. It "saved" me. It is a life-changing to dismantle a major

source of misery. When you read this one you free up all that emotion to live life and just deal with what is really happening. It helps readers confront the reasons for binge eating and work towards a healthier lifestyle. The author Lisa Simms' writing style is clear and straightforward. The ideas are easy to understand, well thought out, and very freeing. She gently but firmly helps the reader explore the tough questions that we need to ask ourselves. She gave concrete ideas on how to transform our way of thinking towards food and ourselves. Her compassion comes through on every page of her book. She gave helpful tips on eating. Not only that, I truly appreciate that there are step-by-step programs with links provided. There is a link for the full list of potential signs that may be a precursor to a relapse. She provided many links that helps the reader learn more. This book does not preaches you but teaches you. It has a special bonus at the end. This book made a huge difference in the way I approach eating. I recommend this book as it is worth checking out for anybody with eating issues or for those who know people with disorder eating and want to help them.

This book is a comprehensive guide on helping those who suffer from Binge Eating. The book covers a number of useful tips and resources to help a sufferer identify their binge eating habits and uncover the real reasons behind their motifs. This is a great book for anyone who is looking to overcome binge eating and I would highly suggest that you read the strategies used in this book.

This book is a gold mine of solution for Binge Eaters! I have known BED as one of the serious disorders that people are struggling with to overcome everyday and they don't know exactly how to deal with it properly. I find this book very helpful because it offers simple ways to understand why a person undergoes binge eating and how it can be cured. Understanding the very nature and roots of binge eating as stated in the book will empower a person to immediately stop from this kind of disorder. I like how the author encouraged its readers that healing is coming for those who will open their heart and mind to the situation they're in and that having a healthy lifestyle is never impossible to those who are willing to help themselves cross their road to recovery. It only takes a single step to start with it!

I am a binge eater before and actually right now I am still trying to fight it. I am so great that I found this book because I know it could help me a lot. Curing binge eating is not that easy that is why you need also so much help in order to totally get rid of it. Great one.

Binge eating is certainly a habit that has developed in my family. It is something that I've always wanted to fix and stop. This book has proved to be an excellent guide for me and there are definitely strategies I can start introducing in my house for my family as well.

This book is for anyone, really, because a lot of people don't know what triggers and how to resolve emotional eating. The Binge Eating Cure is a great start to understanding why you eat emotionally and how to stop it. The author does a great job identifying possible triggers for overeating and strategies that will help you pinpoint your triggers and gain control.

Not just for those who live with BED, but for anyone with food issues. The author takes a very gentle and encouraging approach -- no criticism. Lots of footnotes and resources cited.

This book has a lot of value. Certainly works as a motivation to stop eating that much. This book plus exercise helps you get in shape. You are not only doing yourself a favour, but you are also motivating others to lose weight. A great book by Lisa P. Simms!

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