

THE BINGE EATING & COMPULSIVE OVEREATING WORKBOOK

An Integrated Approach to Overcoming Disordered Eating

CAROLYN COKER ROSS, MD, MPH

This workbook will help readers:

- Identify the trigger foods and feelings that spur them to binge or overeat
- Determine how stress, depression, and anxiety may be affecting their eating
 - Calm themselves in stressful times with nourishing self-care practices
- Learn to appreciate and accept their bodies

“This is the best practical information I’ve seen on managing eating disorders. Dr. Carolyn Coker Ross’s sound advice can help the many people trapped in destructive relationships to food regain control of their lives and health.”

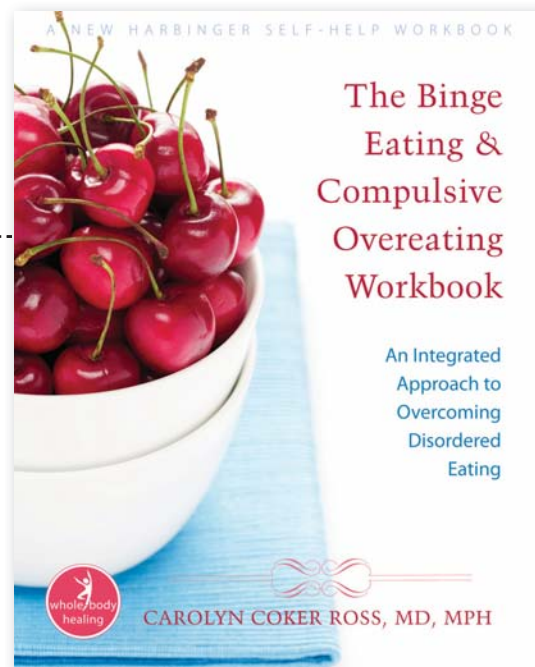
—Andrew Weil, MD, integrative medicine pioneer and author of *Eight Weeks to Optimum Health and Healthy Aging*

A Complete Guide to Changing the Way You Eat

Approximately 4 million Americans have binge eating disorder. This disorder is especially prevalent in people with obesity—nearly half of all obese individuals binge.

Some people use food to calm themselves when they feel overwhelmed. Others find it difficult to discern between eating out of hunger and eating out of habit. There are nearly as many reasons why people overeat as there are reasons to stop. While overeating can often bring comfort in the short term, it can lead to feelings of guilt later on. If you feel like you’re caught in a cycle of unhealthy eating that you can’t stop, this workbook can help you overcome it.

In ***The Binge Eating & Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating***, readers will learn skills and nutrition guidelines recommended by doctors and therapists for healthy eating and how to quell the often overpowering urge to overeat. Using a variety of practices drawn from complementary and alternative medicine, you’ll replace unhealthy habits with nourishing rewards and relaxation practices. This potent combination of therapies will help you end your dependence on overeating as a way to cope with unpleasant feelings and show you how to develop new strategies for a healthier lifestyle.



FOR AN INTERVIEW REQUEST *or*
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An Integrated Approach to Overcoming Disordered Eating
Carolyn Coker Ross, MD, MPH

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About the Author

CAROLYN COKER ROSS, MD, MPH

is a physician, author, and nationally recognized speaker. She is a graduate of the University of Michigan Medical School and an alumna of Andrew Weil's integrative medicine fellowship at the University of Arizona. She is the former chief of the eating disorders program and the integrative medicine department at Sierra Tucson, an addiction treatment center in Tucson, AZ. Dr. Ross is a consultant to The Ranch's eating disorder and chemical dependency program near Nashville, TN and works with other eating disorder and chemical dependency treatment centers across the country.

Praise

"Dr. Ross's holistic explanation of binge eating and obesity can change our views of dieting forever. She has lectured to medical and professional audiences about changing our country's dieting mentality. Her wisdom about healing the relationship with food, weight, and body image is presented in a way that finally makes sense. This book can make a difference that can last a lifetime."

—Rebecca Cooper, MA, CCH, CEDS, author of *Diets Don't Work* and founder of Rebecca's House Eating Disorder Treatment Programs

"Dr. Carolyn Ross's workbook is a breath of fresh air! Jam-packed with cutting edge information, *The Overcoming Binge Eating and Compulsive Overeating Workbook* helps readers find freedom and health in our weight-obsessed culture. By shedding light on the truth about recovering from binge-eating disorder and compulsive overeating, this book promises to make a real difference in people's lives."

—Jenni Schaefer, author of *Life Without Ed* and *Goodbye Ed, Hello Me*

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