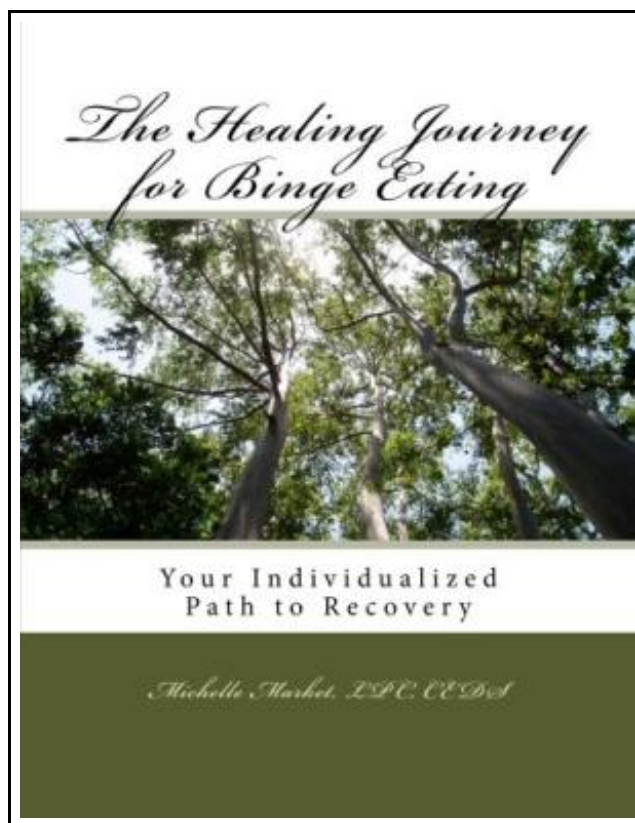


The Healing Journey for Binge Eating



Filesize: 8.95 MB

Reviews

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THE HEALING JOURNEY FOR BINGE EATING



Michelle Market, Lpc, Ceds. Paperback. Book Condition: New. Paperback. 164 pages. Dimensions: 11.0in. x 8.5in. x 0.4in. We live in a society that spends billions of dollars on diets. The how-tos are plentiful, while the underlying issues are ignored a pattern that keeps the diet industry thriving and the dieter in a perpetual cycle of failure. Throughout the pages of *The Healing Journey for Binge Eating* readers will learn to recognize their individual patterns that perpetuate an unhealthy relationship with food and their body as well as gain insight into the barriers preventing them from forming a healthy relationship with food. Just like putting a puzzle together, there is no specific order in which to use this workbook. Each chapter will serve as a piece of the puzzle for creating a healthy relationship with food by providing specific practices to implement as well as opportunities for self-reflection. The workbook, along with the journal companion, is designed to help one create an individualized healing journey. This workbook is broken into five parts (1) understanding your relationship with food, (2) slowing down, (3) making peace with yourself, (4) making peace with your body, and (5) tools for your healing journey. Each part takes the reader into an in-depth self-reflection of how they might be stuck. This workbook can be done with the assistance of a therapist, in a group, self-study, or as a participant of *The Healing Journey for Binge Eating* virtual retreats. Overcoming binge eating takes time, persistence, and patience. The *Healing Journey* series was designed to provide you with a step-by-step individualized path to your own personal recovery. This is not a quick-fix program; this is a lifestyle change. It is a self-awareness program. We are a quick-fix society. Each day we are inundated with hundreds of messages about how to go...



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