

# The Brain Over Binge Recovery Guide A Simple And Personalized Plan For Ending Bulimia And Binge Eating Disorder

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September 22nd, 2018 - Although recovery is not the same for everyone this book posits that there are only two essential goals that must be met to end bulimia and binge eating disorder 1 learning to dismiss urges to binge and 2 learning to eat adequately As you work toward these goals with a streamlined focus you will discover your own strength develop your own insights and put into practice ideas and behaviors that work uniquely and authentically for you

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### **Podcast Archives Brain over Binge**

November 15th, 2018 - In Episode 49 Kathryn address questions that were raised after a discussion of Brain over Binge appeared on the Bright Line Eatingâ„¢ blog She talks about the importance of eating enough and using the Brain over Binge concepts for their intended purpose of ending binge eating

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