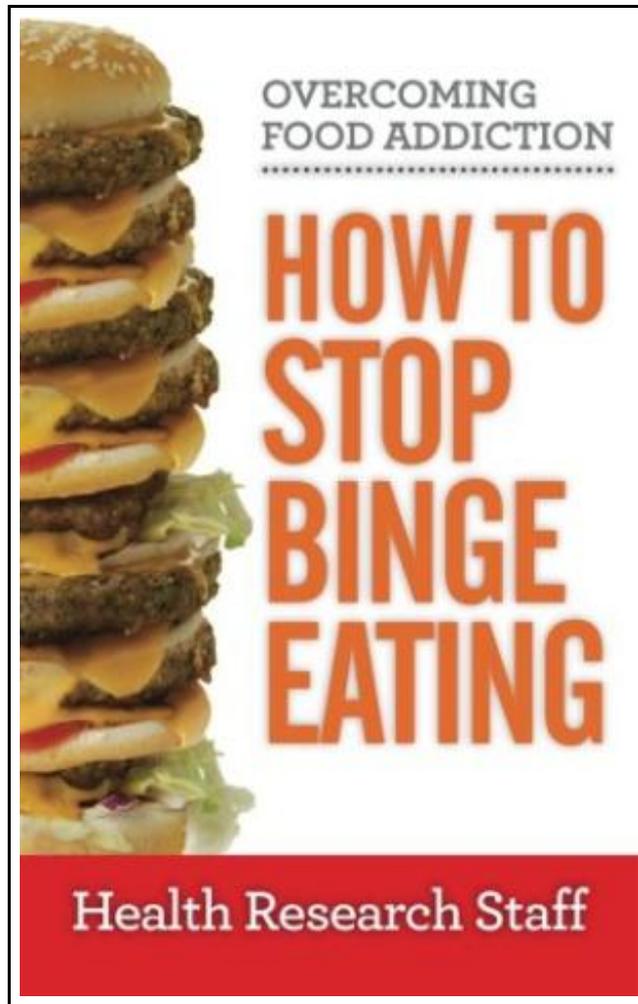


## Overcoming Food Addiction: How to Stop Binge Eating (Paperback)



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*(Dayne Johns)*

## OVERCOMING FOOD ADDICTION: HOW TO STOP BINGE EATING (PAPERBACK)



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Millwood Media, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you take a much closer look at the problem of binge eating, you come to realize that it's really much more than that. Binge eating is a problem that touches upon a number of different elements including physical components, mental components, as well as emotional components. According to Wikipedia the signs of a binge eater are: \* Does not exercise control over consumption of food \* Feels loss of control over eating during binge. \* Eats an unusually large amount of food at one time, far more than an average person would eat. \* Eats much more quickly during binge episodes than during normal eating episodes. \* Eats until physically uncomfortable and nauseated due to the amount of food consumed. \* Eats when depressed or bored. \* Eats large amounts of food even when not really hungry. \* Often eats alone during periods of normal eating, owing to feelings of embarrassment about food. \* Feels disgusted, depressed, or guilty after binge eating. \* Experiences rapid weight gain/sudden onset of obesity. \* Suffers from severe depression. \* Is easily irritated. Binge eating can be very rooted into behavior patterns and can have very little to do with food at all. For some people, food is just the mechanism they use to cope. Much like any addiction, whether it's drugs or alcohol, food provides temporarily relief from one's problems. It's a way to forget about all the other issues going on in life and instead, find a way to escape one's reality for a short period of time. Many people don't understand the full ramifications of binge eating. They just see it...



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