



Binge Eating: Learning to Control the Urge: How to Stop Compulsive Eating

Mary Welsh

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"Binge Eating: Learning to Control the Urge" is a book that helps readers to fully understand how the disorder can affect an individual. A lot of people still think that a person who binge eats is simply indulging in a bad habit or is being greedy. The book however, refutes that claim and explains what binge eating really is. It outlines what binge eating is and then moves into the symptoms and signs that come with this particular eating disorder. It then goes on to outline the various treatments that can be used to help persons deal with this disorder. This is great book to start with when one wants to learn about binge eating disorder.

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