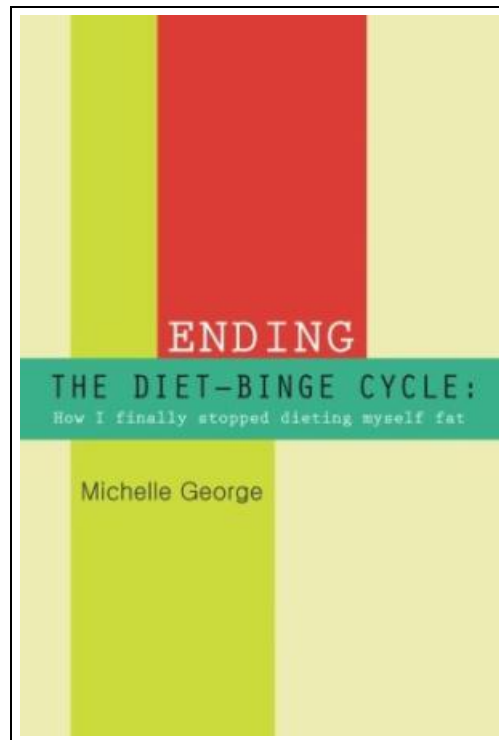


## Ending The Diet Binge Cycle How I finally stopped dieting myself fat



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**(Prof. Nelson Farrell MD)**

## ENDING THE DIET BINGE CYCLE HOW I FINALLY STOPPED DIETING MYSELF FAT



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 114 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book was written for those who have become discouraged after years of trying unsuccessfully to stop bingeing away their life. It is the story of how one woman finally stopped dieting herself fat and found peace of mind after spending 15 years stuck in a seemingly never ending cycle of dieting and bingeing. The goal of this book is to generate hope by sharing the struggles, journey to recovery and a happy ending that included both weight loss and a permanent end to compulsive dieting and exercise. Although the book does include some of the specific methods used when recovering from the unhappy triad of compulsive dieting, binge eating and obligatory exercise, the main message is not in the details of one individuals recovery. Rather it is the message that it is possible to find a solution to disordered eating even after years of failed attempts. As evidence of the extent of the recovery achieved, the book provides a glimpse into life before and after embracing a no-more-dieting philosophy. How much different daily life, holidays and relationships became after letting go of dieting and embracing the bodys own nutritional and exercise related wisdom. While trapped in a binge eating disorder, there was no room for anything in life other than a desperate (and unsuccessful) campaign to get back to a natural weight. Recovery has made room for a career, a husband, children and time spent enjoying the moment rather than spent planning the next diet (or binge). This feels like the way life is meant to be lived rather than the years of dieting and bingeing which felt like anything but. As wonderful as it would be...



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