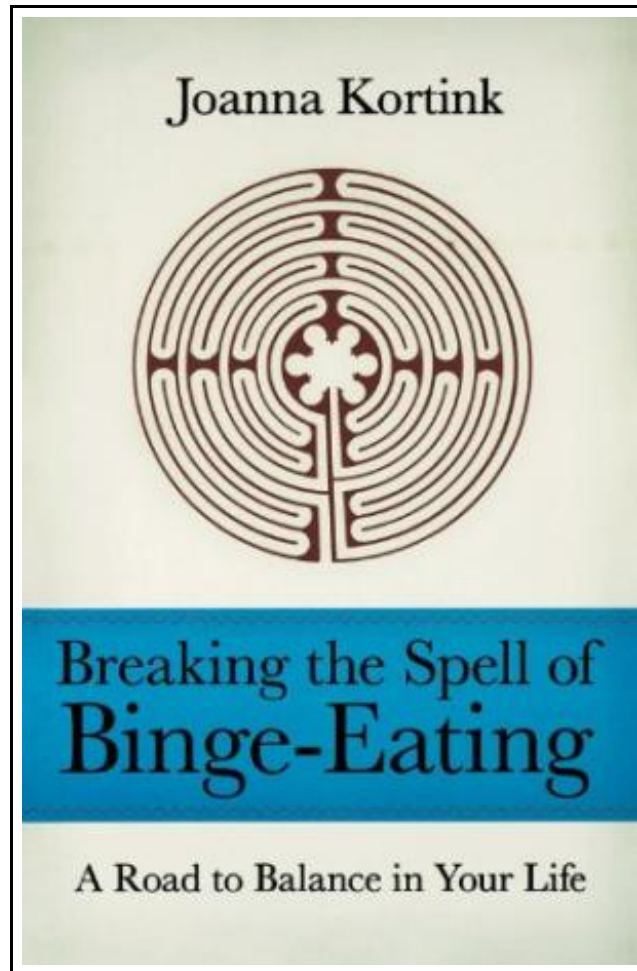


Breaking the Spell of Binge-eating: A Road to Balance in Your Life



Filesize: 1.13 MB

Reviews

*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
(Miss Vernie Schimmel)*

BREAKING THE SPELL OF BINGE-EATING: A ROAD TO BALANCE IN YOUR LIFE



Academy Chicago Publishers, United States, 2008. Paperback. Book Condition: New. English.. 211 x 140 mm. Language: English,Dutch . Brand New Book. Joanna Kortink is a spiritual psychotherapist from the Netherlands, where this book is a runaway bestseller. Kortink fashions a truly different technique in treating an array of eating disorders. Her unique approach combines psychotherapy with creative expression, body training and natural medicine. Kortink herself has suffered from bulimia and has written an inspiring book that shows another side to eating patterns, and includes many practical examples, tips, and clear step-by-step guidelines for recovery. Kortink says that eating differently starts with thinking differently. She inspires readers to start a journey to recovery by profiling compulsive eaters and the role that food plays in their lives. She notes that compulsive eaters invariably are playing a role. She profiles some of her clients and conducts a dialogue between them and what she calls their inner saboteur. Kortink describes ways to increase vitality, feed the spirit, get back to basics, and listen to the signals of your body. This leads to greater energy and a comforting sense of self-forgiveness. There are tips for taking immediate self-action, and vital information for partners and friends of binge-eaters. Kortink sensitively describes difficult moments along the way, and combines compassion with a deeper understanding of what she calls the biopsychosocial aspects of eating disorders. This is an inspirational self-help book, written in a very personal way. It is not a cure for eating disorders, but a compassionate way to help people break the negative cycle of thoughts that strongly influences them, and to assist them on the road to a fuller and happier life.



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