



Reclaiming Yourself from Binge Eating: A Step-By-Step Guide to Healing

By *Leora Fulvio*

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If you understand what it's like to be caught up in the trap of binge eating, emotional eating, mindless eating, or the constant loop of dieting and binge eating, then this book is for you. Compulsive eating, then dieting, then cheating on your diet, then bingeing, then starting a new diet again is like being trapped in an undertow. You might feel like you are constantly swimming against the current, only to find yourself exhausted and drowning. This book is your lifeguard. It will help you stop struggling, pull you out of the undertow and help you find peace around food and your body image.

Leora Fulvio, a psychotherapist specializing in the treatment of eating disorders has designed this book to be like your own pocket therapist. Each chapter is both an assignment and an exploration that will help you get closer and closer to feeling like yourself again or feeling normal around food for the first time. It will help you to stand up and reclaim yourself against the tyranny of compulsive eating, emotional eating and binge eating.

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Editorial Review

Review

Ms. Fulvio's voice is clear and comprehensive enough to replace the voice of the eating disorder. There are nuggets of wisdom in every paragraph. --*Sheira Kahn, MFT, Author of The Erasing ED Treatment Manual*

Leora Fulvio takes the mystery out of binge eating in her wonderful new book. *Reclaiming Yourself from Binge Eating* is readable, engaging and eye opening. Ms. Fulvio obviously cares about people who binge eat and knows how to help them stop, heal and reclaim person hood through health and freedom. I highly recommend this book.

--*Joanna Poppink, MFT Los Angeles Psychotherapist*

About the Author

Leora Fulvio, MFT is a licensed psychotherapist and hypnotherapist practicing in San Francisco. She has been treating women with food and body-image issues since 1999. She is passionate about helping women heal from the tyranny of eating disorders and self-reproach. When she is not working with clients or writing about healing, she enjoys relaxing with her husband and children.

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