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March 2nd, 2020 - in episode 55 kathryn explains why she uses the word simple to describe the brain over binge approach you ll learn that a simple approach is not the same as a just quit approach at the end of the episode you ll learn about getting more guidance in recovery from the uping brain over binge 8 week course'

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livingston wendy hendry and kathryn hansen pare

May 21st, 2020 - kathryn hansen i ve wrote the books brain over binge and the brain over binge recovery guide the first book is basically my story of how i overcame binge eating and bulimia and the second book is more of a self help book to help you apply these concepts in your own life i teach basically an alternative approach to binge eating viewing"how i recovered from binge eating disorder guide loseit

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'5 binge eating self help books to aid recovery rewire

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