

Overcoming Overeating: Living Free In A World Of Food By Carol H. Munter;Jane R. Hirschmann

By Carol H. Munter;Jane R. Hirschmann

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Jane R. Hirschmann, Carol H. Munter Overcoming Overeating: How to Break the Diet/Binge Cycle and Live a Healthier, More Satisfying Life Category: Eating Disorders

Helpful Resources and Referral Information; Substance Use; Body Image & Eating Disorder Awareness Week 2015; Crisis Services; What to Expect; Referring Someone Else

Overcoming Overeating 6 Recommended Reading: Annotated Bibliography. Eating Disorders: By Jane R. Hirschmann and Carol H. Munter, 2008

Jane R. Hirschmann, Author, Carol H. Hunter, Author, Carol H. Munter, With Ballantine Books \$19 (272p) ISBN 978-0-449-90407-7

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3 quotes from Overcoming Overeating: Living for the satisfaction of only one part of my body (my mouth) [is] unholy.

Free yourself from food and weight obsession and cure compulsive eating disorders using the Overcoming Overeating approach instead of dieting and deprivation.

When I finally started reading *Overcoming Overeating: How to Break the Diet/Binge Cycle and Live a Healthier, More Satisfying Life* it was shocking how well the

Overcoming overeating: living free in a world of Hirschmann, Jane R.; Munter, Carol H. rather than compounded by mismanagement through compulsive overeating

Hirschmann, Jane R., and Carol H. Munter. *Overcoming Overeating: Living Free in a World of Food*. Resources: Yale Rudd Center for Food Policy & Obesity.

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Overcoming Overeating? Do you have any advice for overcoming eating disorders - including compulsive overeating?

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