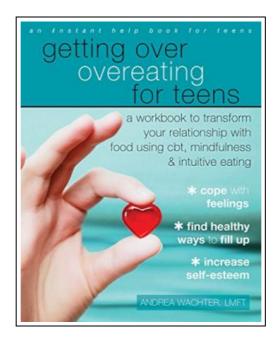
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New Harbinger Publications, United States, 2016. Paperback. Condition: New. Workbook. Language: English. Brand New Book. If you struggle with overeating, you are not alone. Studies show that millions of teens face problems with emotional eating, weight gain, and negative body image. However, these facts and figures do not include sneak eaters, overeaters who do not binge, and teens who overeat but manage their weight through excessive exercise. So, if you re struggling with the habit of overeating, where can you turn? Getting Over Overeating for Teens, written by an eating disorders specialist who struggled with her own issues as a teen, provides a wealth of tools to help you change your relationship with food. Using an integrated approach that includes dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), and intuitive eating, this book will focus on the emotional, mental, physical, and spiritual factors that are essential to overcoming overeating. With the practical advice and powerful exercises in this book, you Il come to a better understanding of your urge to overeat, and learn skills such as emotion regulation, assertive communication, moderate eating, and working with cravings. Most importantly, you Il find better ways to fill up and be ready to apply what you ve learned to living a healthier, happier life.

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