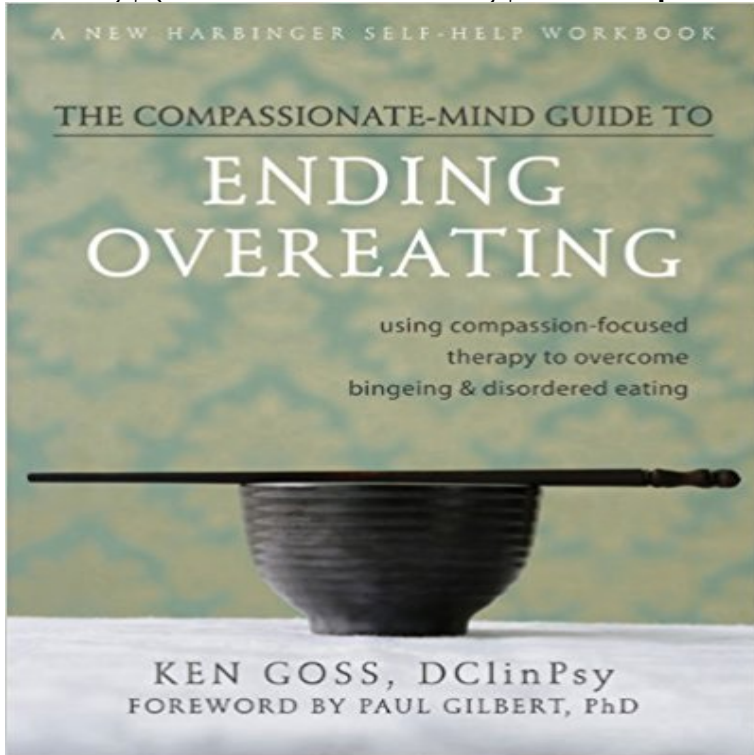


# The Compassionate-Mind Guide to Ending Overeating: Using Compassion-Focused Therapy to Overcome Bingeing and Disordered Eating (The New Harbinger Compassion-Focused Therapy Series)



You know the cycle: you have a stressful day and find yourself snacking or overeating at dinner to make yourself feel better. The ritual of eating becomes so calming, you cant stop-and the guilt and self-criticism you feel can lead you to overeat even more the next day. What you may not know is that simply replacing your negative feelings with compassion for yourself can interrupt this cycle so that you can meet your emotional needs without resorting to overeating.

The Compassionate-Mind Guide to Ending Overeating presents an evidence-based program designed to help you grow a deep and abiding love for your body and health that transcends your emotional connection with food. As you work through the worksheets and evaluations in this book, youll discover the specific reasons for your overeating, find out which foods trigger you to overeat, and then develop satisfying meal plans for getting your eating back on track. This guide will help you:

- Understand your overeating pattern
- Motivate yourself for change
- Learn a new six-step program for enjoying food without overeating
- Compassionately care for your body
- Youll also build compassionate-mind skills for dealing with stress, self-criticism, and shame, and establish a balanced eating pattern that will free you from the overeating cycle.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just to good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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