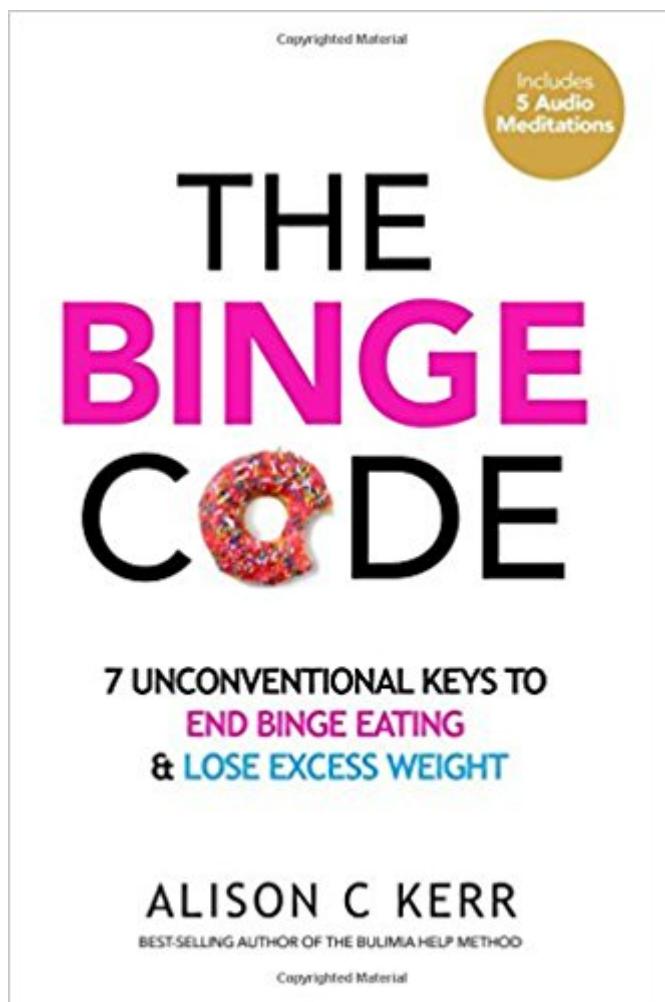


The book was found

The Binge Code: 7 Unconventional Keys To End Binge Eating & Lose Excess Weight



Synopsis

"A LANDMARK GUIDE FOR REGAINING AND MAINTAINING HEALTH" In THE BINGE CODE, UK Nutritional Therapist and best-selling author of THE BULIMIA HELP METHOD Alison Kerr will show you how to end your struggle with binge eating, food cravings, yo-yo diets and shed excess weight - and never put it back on!" You're not crazy, weak, or lacking willpower. And it's not your fault! The Binge Code digs into the science to show you what's keeping you out of control around food and provides an effective, easy-to-follow action plan to help you look, feel, and live your best." Cameron Heathers, bestselling author and Life30 co-founder "The Binge Code is a scientifically sound and easy-to-understand road map to optimal health. I highly recommend this groundbreaking program" Dr Robert Leslie, Founder of Wellbeing THERE'S A NEW WAY TO END BINGE EATING AND FEW OF US HAVE EVER HEARD OF IT. Do you feel trapped in a continual cycle of overeating, food cravings and food obsession? Do you struggle to control your weight with diet after diet? Does one donut frequently turn into a full blown binge? If so, you may be stuck in "The Binge Trap". Your body, mind and emotions have become trapped in a continual cycle of bingeing on food. Until you break free, the desire to binge will always remain. It never goes away. The Binge Code is a bold new book based on hard science and over 10 years of helping people end their binge eating issues and lose excess weight. In this book, Alison Kerr shows you exactly, step by step, how to unlock your mind, body and emotions from "The Binge Trap". Using her breakthrough approach you can overcome compulsive eating, food cravings, weight fluctuations and learn to live life to the fullest. Freedom from food issues - and a happier, more fulfilling life - is within reach. You just need to follow The Code. IMPORTANT: THIS IS MUCH MORE THAN JUST A BOOK This book also comes with a five audios for quick relief of binge cravings. You can apply these tools in situations that you may find triggering. Help is now with you wherever you go! Join the community: Also included is an active support community to help support your journey. This blend of information, technology and community support gets results.

Book Information

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Customer Reviews

I loved that this book gave some scientific reasons for bingeing but not too much that I lost interest. It was the perfect balance. It was an enjoyable read; I felt like the author was my friend talking to me about how to help myself.

I'm truly grateful for the work of Alison (and Richard) Kerr. I suffered from bulimia for 21 years and her other book, "The Bulimia Help Method," was a recovery jewel for me (of personal note, that book was only helpful to me after a great deal of professional help and treatment. Nevertheless, when I fall into a cycle, as is common, it brings me back to basics). The tips and information in THIS book are excellent. Although, at this point, my objective is not to lose weight, I wanted to read it (for support for the author and for information that may be helpful to others). Just as with her other book, this one is full of data that is solid and effective. Stupid American culture lies to us (restrict for virtue, you failure!) in a scheme to just make dollars for the bogus diet industry. Newsflash: as "The Binge Code" illustrates, there are a myriad of reasons why we binge ("Wait! So I should eat when I'm hungry? Nooooooo! Balderdash!") and that food is the medicine we need. I did like the zen10 technique and it did prove effective when I tried it (admittedly, only once, but it did work). I highly recommend this book and hope that it works for someone who is beating themselves up for being caught in the binge cycle. Thank you, Ali Kerr. Also, the "bonuses" are rad.

This book is A MUST for anyone struggling finding balance with food. Please help yourself by purchasing this book and diving into world full of guidance, hope, selflove and EVERY possible tool you need to overcome your food struggles. Please note that you will not completely heal just by reading this book, but I promise you that one part (the most important part) of you WILL heal and you will be ready to get on this beautiful journey of ending food obsession and living freely for the rest of your beautifully balanced life. Good luck and I hope everyone finds this book helpful like I did!

This book is phenomenal!!! If you REALLY want to demystify the whole eating thing and take your life into your hands and change it, get this book! Every tool you need to change your life is in "The

Code." I've had eating issues for more than 20 years and I almost died once, but thanks to this book I struggle no more. This is THE REAL DEAL on eating. Get it, read it, implement your plan and be transformed!!!

Ali's book has truly changed my life in a short amount of time. I struggled with anorexia in my teenage years and was managing fairly well until about a year ago when the demands and stress of having four young children sent me back into a relapse of anorexia that then manifested into major reactive binge eating. Ali's seven traps succinctly and precisely targeted the exact reasons I was binging. My body was malnourished for so long that this was a natural response to the starvation. Some keep points from the book I use daily include: Beginning with getting the adequate nourishment. Not beating myself up if I slipped up and have a binge and recognizing the binges are getting smaller and less frequent. Knowing I wasn't back to square one if I have a slip up. Recognizing that punishing myself through negative self talk was only more detrimental to my well being and not a good motivator to my recovery. Please buy this book if you struggle with binge eating, bulimia, or any type of restrictive eating you react to with overeating. It truly can change your life!

I can't praise this book enough. I was hesitant at first because so many books similar to this didn't work for me. Plain and simple. However there are so many tips, tricks, and techniques in this book that I was never introduced to, and let me say: it works. To this day I find myself applying so many techniques explained in this book! It's a great guidance book, but also a fantastic motivator. It dives into the real and raw part of bulimia that so many other "professionals" seem to skim over. She attacks every side and aspect of bulimia and does it brilliantly. First of all: THANK YOU Ali for making this. Secondly: if you are looking for something to finally help, but you're still unsure, please PLEASE give this a shot. You won't regret it. I promise.

If you are struggling with binging, overeating, or grazing, this is the book that can lead you to healthy eating habits. Written in a simple clear format, this book gives you all the tools you need. I have read many good books on this topic, but nothing was like this one. It is an all in one book, still it does not have the pages and pages of extra information other books have. It makes reading it not so complicated and time consuming. Ali is a winner, she overcame her struggles, and she now uses her experience to help others overcome theirs. If you are reading these lines (looking for the right help) order this book now, start reading and get on with recovery. Good Luck!!!L.L.

A very positive and helpful book. It's not a "one single trick" approach, as to many others tend to be. It's not complicated, just realistic.

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