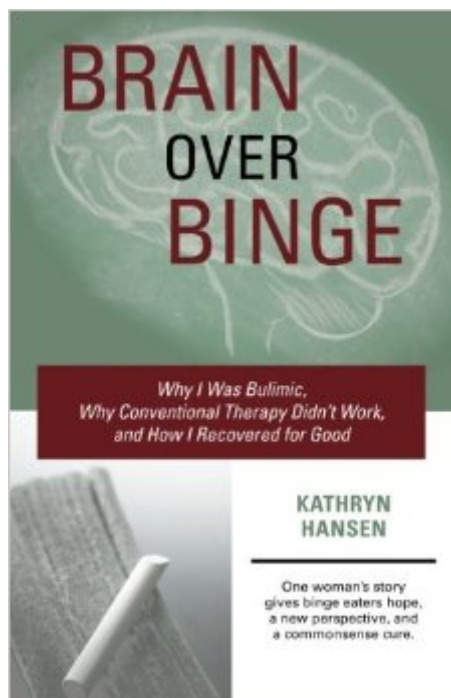


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# Brain Over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, And How I Recovered For Good



## Synopsis

Brain over Binge provides both a gripping personal account and an informative scientific perspective on bulimia and binge eating disorder. The author, Kathryn Hansen, candidly shares her experience as a bulimic and her alternative approach to recovery. Brain over Binge is different than other eating disorder books which typically present binge eating and purging as symptoms of complex emotional and psychological problems. Kathryn disputes this mainstream idea and explains why traditional eating disorder therapy failed her and fails many. She explains how she came to understand her bulimia in a new way – as a function of her brain, and how she used the power of her brain to recover – quickly and permanently. Kathryn also sheds new light on eating disorder topics such as low self-esteem, poor body image, and dieting. Brain over Binge is a brave book that will help many by delivering an informed and inspiring message of free will, self-reliance, and self-control.

## Book Information

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## Customer Reviews

I really hate to be the only one here with a bad review. I actually waited forever to review this because I thought maybe something was just wrong with me since so many other readers found the book so useful. All I can say is apparently my lower brain or "animal" brain is still winning because the ideas presented in this book did nothing for me. I'm giving the book two stars instead of one simply because at the very least she's trying to say something different here. This isn't rehashing the same old same old so for that I give her credit. I also feel like the author really wants to help people not just sell something and that is a refreshing change as well. For me though the book can be boiled down to this...you really don't need to binge just tell yourself that and stop. I've known all my life that my binging was useless and made no sense. Like the author I don't believe that I binge

because I'm emotionally wounded or need to find myself. I know that bingeing ruins my life and makes me feel like crap. I also know that it makes zero sense to continue doing it. However for me this is when what the author had to say just didn't work. I couldn't just tell myself it was my "animal" brain wanting to binge. Anyone who suffers from this knows for a fact that's most likely true because that's exactly what you feel like. I feel like an out of control animal. Just knowing that hasn't been enough for me to stop though. It hasn't been enough for me to even slow down. If anything it just made me feel like I'm even more screwed up seeing how many people here were able to have such great results with such a profoundly simple idea. Maybe this book would be best for those who only subscribe to the belief that they binge for emotional reasons.

After 20+ years of almost non-stop dieting, and bulimia and several failed attempts at therapy, I finally found the answers for breaking this horrible cycle for good in this book. Instead of focusing on emotions, stress, self-esteem and many of the other common explanations offered in conventional treatment, Brain Over Binge provides a simple but powerful concept - that bingeing eating is the result of allowing the urges that spring from one's "animal" brain to override the wisdom of one's "highest human" brain. By surrendering all the power to the animal brain, the bulimic ends up feeling as if she/he has no choice but to give in to the urge to binge, no matter how irrational or self-destructive it is to do so. The author presents a 5-step process for taking back your power over the urges. The process seemed like such common sense after all the complex treatment plans I'd followed without success in therapy, it was hard to believe that it could be as simple as this to end my bulimia, but it really was! And the author backs up the simplicity of the cure with a very thorough explanation of the research that strongly supports the credibility of her approach. Before I read this book, I was locked in a nonstop battle against my urges to binge that was mentally exhausting and that sooner or later, I was doomed to lose. After reading Brain Over Binge and following the process, almost immediately I was able to render my urges as meaningless noise that should be ignored, and now I can feel them getting weaker and weaker every day. The idea of a binge seems so ludicrous at this point, it seems like that behavior belongs to some other person, because I, the person who is in charge of my mind and body now, would never consider doing something so self-destructive and pointless.

For more than 20 years I felt helpless to control the food cravings from my "animal brain." It took me several days to finish this book and to completely banish the notion I had no control. After years of therapy and tons of books, the cure was in recognizing that my human brain was the one that made

the decision to act on the urges. When I felt that familiar craving to eat something I knew was harmful to me, I said to my animal brain, "I don't have to listen to you." And the feeling just faded away. The cravings that I thought I was helpless to resist just went away! It was a pivotal moment in my life. No more fighting cravings. No more feeling broken because I couldn't control those cravings. No more muscle pain from sugar and wheat and no more weight gain from too many sweets. Full disclosure: This is not a one time bam-and-it's-gone-forever. I had more cravings, but each was fainter and responded just as quickly to my "Not listening to you!" Now, two weeks later, I just have to watch for those almost silent moments when I'm hungry and a cookie seems like the perfect answer. It's easy to notice those moments now. Before I would have eaten my third cookie before realizing I was responding to a craving. I haven't had a dessert in over a week not because I am "controlling" my eating, but because I really don't want anything. I am not afraid to eat chocolate any more because it no longer triggers a craving for more. I can eat it, but mostly don't care to. I suspect this method may work on addictions like tobacco and alcohol and even drugs (if one isn't actually high when trying to be aware of the different brains.) My brother quit smoking instantly with a very similar method.

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