



# **Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good**

*Kathryn Hansen*

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## **Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good** Kathryn Hansen

After six years of chronic bingeing and purging, Kathryn Hansen stopped her eating disorder independently and abruptly, using one tool and one tool only: the power of her own brain. In *Brain over Binge*, Kathryn traces the course of her condition and describes in detail her unconventional approach to recovery. In the process, she offers a much-needed alternative perspective to the canvas of eating disorder literature to help others struggling with any form of binge eating. The mainstream view of bulimia holds that it is a disease that manifests as a means of coping with deep underlying emotional problems. But the author persuasively argues that in her case, this philosophy actually encouraged more binge eating. For her, it really was about the food. Kathryn's candid account cuts through the confusion she experienced in traditional therapy and simplifies both the origins of bulimia and its cure in a fresh, intriguing, and always clear voice. *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

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