



FitMentality: The Ultimate Guide to Stop Binge Eating: Achieve the Mindset for the Fit Body You Want (Binge Eating, Emotional Eating, Binge Eating Disorder, ... Eating, Mindful Eating, Eating Disorder)

Dr. Kim Chronister

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This book is the ultimate guide to achieve the body you deserve and break the binge eating cycle for good.

Authored by a Binge Eating Disorder expert in the field of psychology, Dr. Kim Chronister provides insight into little known tricks, coping skills, and evidence-based solutions to bring you tangible solutions to obtain the body and freedom you want. Grounded in science and health psychology, readers will be left with tools previously only accessible to those in psychiatric settings and weight loss clinics. It was Dr. Kim Chronister's intention to reveal every fact, tool, and essential method for readers to be able to conquer binge eating behaviors once and for all and sustain long-term weight loss success as a result of reading this book.

This is a book for those who have longed to break the binge eating cycle and finally obtain the ideal mind and body. This book is based on evidence and is written by a health psychology professional with years of experience helping individuals become motivated to exercise and treating clients struggling with binge eating behaviors.

This book is not just about breaking the binge eating cycle. By learning to work through the causes and utilize evidence-based tools, you will feel more energy, more joy, more confidence, enjoy your body and cope better with life's stressors. There are endless possibilities when you finally break free from binge eating and you can do it with what's inside of FitMentality once and for all.

Tags: Binge Eating, Achievement, Al Switzler, Alain de Botton, Amy Newmark, Arnold Bennett, Athletes, Brian Tracy, Change, Charles Duhigg, Chip Heath, Dan Heath, Daniel H. Pink, Exercise Motivation, Farnoosh Brock, Fitness, Goals, Habits, Health, Jack Canfield, James Allen, Jim Rohn, John C. Maxwell, Jorge Cruise, Joseph Grenny, Kerry Patterson, Lifestyle, Malcolm Gladwell, Motivational, Napoleon Hill, Nelson Mandela, Pam Grout, Peak Performance, Personal Development, Personal Growth, Self-Help, Stephen R. Covey, Steve Chandler, Success, Biggest Loser, B.E.D., Eating Disorders, BED, Tags: Binge Eating Disorder, Binge Eating, Binge Eater, Binge Eating Recovery, Eating disorder, Bulimia, Emotional Eating, Sugar Addiction, Food Addiction, Mindful eating, Intuitive eating, Overeating, Diets, Meal Plan, How to Stop Binge Eating

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