



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)

By Dr. Kim Chronister

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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) By Dr. Kim Chronister

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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Editorial Review

About the Author

Dr. Kim Chronister is a health psychologist and wellness expert. Before earning her doctoral degree in clinical psychology, she transformed the bodies and lives of many clients as a certified personal trainer. She has provided individual, couples, and group therapy to clients suffering from anorexia nervosa, bulimia nervosa, and Binge Eating Disorder (BED) at both inpatient hospitalization settings and in private practice. She has extensive experience utilizing dialectical behavioral therapy (DBT) and cognitive behavioral therapy (CBT) with clients struggling with Binge Eating Disorder, substance use disorders, anxiety, depression, and other disorders. She also utilizes motivational interviewing (MI) to help clients regain motivation to engage in physical activity to decrease stress, improve mood, lose weight, and enhance overall life satisfaction. As an author and wellness expert, Dr. Kim Chronister has been asked to comment on such subjects as weight loss, exercise motivation, relationships, obesity, and eating disorders for respected magazines, documentaries, radio shows, and TV. Her passion for health as it relates to health psychology is evidenced in her books.

Users Review

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Timothy Rowe:

Many people spending their time period by playing outside using friends, fun activity using family or just watching TV 24 hours a day. You can have new activity to enjoy your whole day by reading through a book. Ugh, think reading a book can definitely hard because you have to take the book everywhere? It all right you can have the e-book, having everywhere you want in your Touch screen phone. Like 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) which is keeping the e-book version. So , why not try out this book? Let's notice.

Bertha Underwood:

As we know that book is significant thing to add our understanding for everything. By a publication we can know everything you want. A book is a list of written, printed, illustrated or maybe blank sheet. Every year ended up being exactly added. This publication 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) was filled concerning science. Spend your time to add your knowledge about your scientific disciplines competence. Some people has different feel when they reading some sort of book. If you know how big good thing about a book, you can sense enjoy to read a e-book. In the modern era like now, many ways to get book that you wanted.

Derek Winter:

That publication can make you to feel relax. This specific book 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) was colorful and of course has pictures on there. As we know that book 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) has many kinds or category. Start from kids until young adults. For example Naruto or Private investigator Conan you can read and believe that you are the character on there. Therefore not at all of book tend to be make you bored, any it makes you feel happy, fun and rest. Try to choose the best book for you and try to like reading that.

Robert Heck:

Many people said that they feel uninterested when they reading a reserve. They are directly felt this when they get a half portions of the book. You can choose the actual book 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) to make your reading is interesting. Your own personal skill of reading ability is developing when you such as reading. Try to choose very simple book to make you enjoy you just read it and mingle the impression about book and examining especially. It is to be initially opinion for you to like to open a book and study it. Beside that the publication 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) can to be your brand new friend when you're experience alone and confuse using what must you're doing of these time.

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