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Breaking the Spell of Binge-eating: A Road to Balance in Your Life

By Joanna Kortink

Academy Chicago Publishers, United States, 2008. Paperback. Book Condition: New. English.. 211 x 140 mm. Language: English,Dutch . Brand New Book. Joanna Kortink is a spiritual psychotherapist from the Netherlands, where this book is a runaway bestseller. Kortink fashions a truly different technique in treating an array of eating disorders. Her unique approach combines psychotherapy with creative expression, body training and natural medicine. Kortink herself has suffered from bulimia and has written an inspiring book that shows another side to eating patterns, and includes many practical examples, tips, and clear step-by-step guidelines for recovery. Kortink says that eating differently starts with thinking differently. She inspires readers to start a journey to recovery by profiling compulsive eaters and the role that food plays in their lives. She notes that compulsive eaters invariably are playing a role. She profiles some of her clients and conducts a dialogue between them and what she calls their inner saboteur. Kortink describes ways to increase vitality, feed the spirit, get back to basics, and listen to the signals of your body. This leads to greater energy and a comforting sense of self-forgiveness. There are tips for taking immediate self-action, and vital information for partners and friends of...



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