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About This Book. If you have been binge eating, stress eating, emotional eating and compulsively eating, and you desperately need to stop, this book can help you.

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Eating Disorder Catalogue Reclaiming Yourself

Reclaiming Yourself from Binge Eating: A Step-by-Step Guide to Healing. By Leora Fulvio, MFT. Leora Fulvio joined us for the following book interview.

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