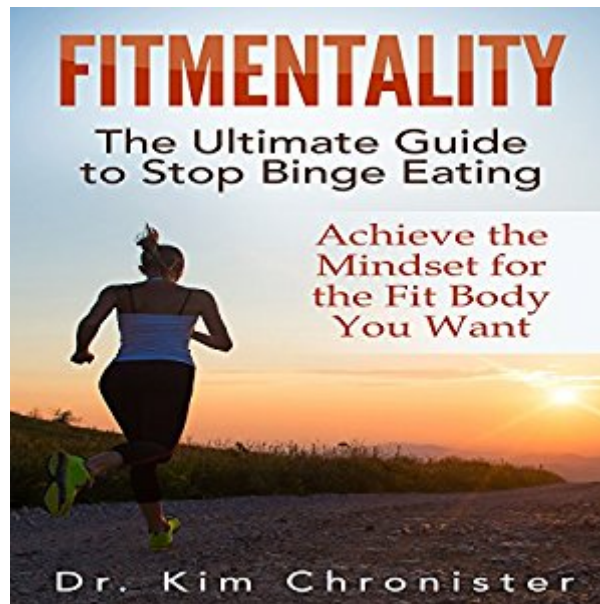


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# FitMentality: The Ultimate Guide To Stop Binge Eating: Achieve The Mindset For The Fit Body You Want



## Synopsis

This audiobook is the ultimate guide to achieving the body you deserve and breaking the binge eating cycle for good. 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, and more confidence as well as enjoy your body, and cope better with life's stressors. There are endless possibilities when you finally break free from binge eating.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 50 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: GetFitMentality LLC

Audible.com Release Date: October 21, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B016X1I62S

Best Sellers Rank: #104 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders  
#592 in Books > Audible Audiobooks > Health, Mind & Body > Psychology #1161 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

They say that you can tell a good doctor by the fact that his patients feel better before he even starts to treat them. Well, this is exactly the effect this book had on me - before I even began to lose weight, which I did (and still am). The inner strength of the author's message is incredible. Even despite the fact that the book is riddled with typos like an old trailer with cockroaches, the author's knowledge, experience and her sheer passion about her subject shine through, turning this book into one of the most powerful weight loss tools I've ever come across. If you have a problem with emotional eating or weight management, do read this book. I'm very happy I did. It's jam-packed with tips that I personally haven't seen anywhere else. It's done a lot already to change my own outlook. After years of losing the battle against emotional eating, I can finally reclaim my old identity - thanks

to this book. I give it five stars simply on the strength of the book's information and message. Their sheer value is such that I find it cruel to remove any stars for all the numerous typos - but they do need to be addressed, the sooner the better. At the moment, I had the feeling that the book had been hastily thrown together with little thought given to any editing or proofreading. There are whole parts of sentences missing in places which makes for a rather painful reading experience. Still I'm very glad I read it. This book has changed me. Thank you, Dr. Kim.

I started reading this book before bed and I woke up wanting to finish it. I really appreciate how it's not just another diet book, the author digs deep into what and how we think to make the reader really engage into WHY he or she may feel the need to indulge. It has helped me so far to be mindful before I eat. I felt hopeless before starting this book and now I feel as if I have a solid plan. I absolutely recommend.

If you have the problem of binge eating, you are not on your own. According to a Harvard study, more than 7 million Americans struggle with binge eating disorder, yet very few people know exactly how to stop. If you are one of them, read Dr Chronister's book. Unlike many other books that deal with the type of disorders or what you should eat instead, this book starts from the mind. Binge eating is a psychological problem and so you shall start from the mind if you want to solve it. There are many useful tips in this book that will help you to become more prepared in your battle with binge eating.

This book is so helpful for somebody. Its discussing about Mental Fitness and comes with great remedies. This book for those who have failed before many times when it comes to recovering from binge eating behaviors. This book will take you step by step with achievable steps to guide you to achieve the mindset for the fit body you want. By the end of this book, you will be clear about how exactly to master your body and your emotions for a lifestyle transformation. This book teach you that you absolutely can stop binge eating behavior for life. Anyway this one is a good guide. I suggest this to everyone.

The authors offer a rich variety of tools and techniques to enhance your mindful eating and reprogram yourself. She pointed out many good points on how it affects many different aspects of your life. The strategies laid out in this book are easy to follow and I am putting them into place today. I recommend this book for anyone that is ready to change their life and take control of their

happiness.

I purchased this book for my friend who does have eating disorder so she can fix it but at the end we shared this book. After reading this book i realized that i have to have this motivation to not just have a slim body but most importantly healthy. This book help me to stop eating unhealthy foods and start working out. Me and my friend doing things right with the help of this book FitMentality.

This book isn't just another diet book, it distinctively stands out from all other diet books have gone through, its more like an ultimate guide to achieving the set out physique, it provides insights into known tips and strategies to help bring substantial solutions in a short while. I very much like the fact that the book was written by a health professional rich in experience. This book isn't just about breaking the eating cycle binge, it walks its readers through its provided evidence based tools to helping one feel that lost energy and eventually breaking free to the tremendous possibilities a fit mental being is exposed to.

This book is an extraordinary blessing to any individual who has this issue on the grounds that occasionally were oblivious in regards to the issue or the wellspring of the issue and this book helps you make sense of everything. You can have the certainty to make a radical new life and desert the pigging out you with their tips and guide.

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The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder  
How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out  
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