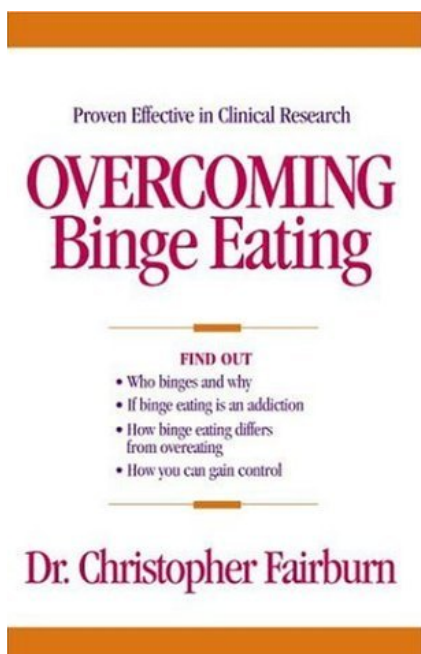


Binscombe Medical Centre

Book Recommendation



- **Paperback:** 247 pages
- **Publisher:** Guilford Press; 1 edition (26 Sep 1995)
- **Language** English
- **ISBN-10:** 0898621798
- **ISBN-13:** 978-0898621792

I bought this book in desperation when I was completely unable to control my eating. A month later I am (usually!) eating 3 regular meals and 3 small snacks a day.

I was impressed that what is in the book is based on real research. The author doesn't make any miraculous claims but is realistic about what is achievable. (Review posted on Amazon).

Written by Dr Christopher Fairburn this unique book provides clinicians, sufferers, and interested others with an authoritative and accessible account on binge eating problems.