



Runaway Eating: The 8-Point Plan to Conquer Adult Food and Weight Obsessions

Cynthia M. Bulik, Nadine Taylor

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The first book to address a disturbing new trend: dangerous eating patterns in midlife women that can have serious health consequences.

Struggling to cope with the stress of menopause, empty nest syndrome, caring for ailing parents, work overload, and the cultural emphasis on youth and beauty, more and more women find themselves eating compulsively to ease tension, manage anxiety, quell depression, and distract themselves from what's really eating them. Others obsessively follow strict diets or exercise excessively.

In this groundbreaking book, clinical psychologist Cynthia M. Bulik, Ph.D., and dietitian Nadine Taylor team up to present a patient-tested 8-step program to help women regain a healthy relationship with food. Readers also will find:

- o A thorough explanation of the full spectrum of Runaway Eating behaviors, from occasional lapses into binge eating to restrictive dieting to compulsive exercising
- o Alternative ways to alleviate anxiety and defuse depression
- o Practical strategies for managing the menopausal symptoms that often lead to disordered eating

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