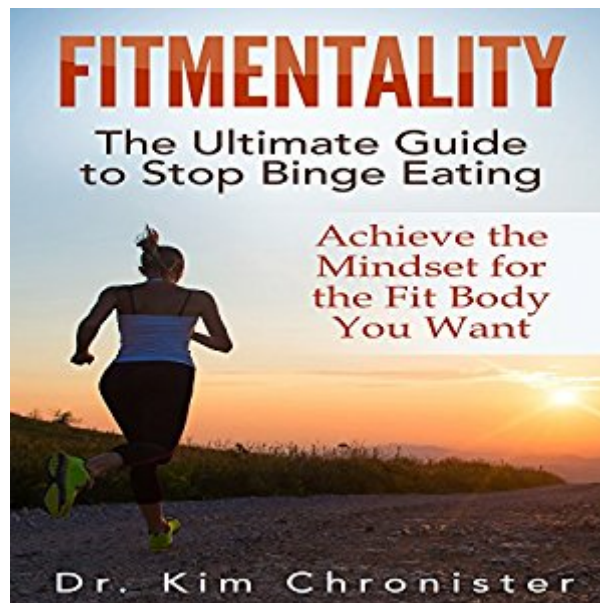




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FitMentality: The Ultimate Guide To Stop Binge Eating: Achieve The Mindset For The Fit Body You Want



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: #283 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders
#1339 in Books > Audible Audiobooks > Health, Mind & Body > Psychology #2664 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

It has some plain ideas. More on physical and less on scientifically dealing with eating disorder. Listen to the two stars reviews. I don't know where these 5 stars are coming from!

Reading this ebook I achieved the body I always wanted and break eating cycle for good. I finally obtained the ideal mind and body due to Dr. Kim Chronister, expert in the field of psychology, who provides in this book every fact, tool, and essential method for readers to be able to conquer binge eating behaviours once and for all and sustain long term weight loss success as a result.

to achieve overall fitness you must eat right exercise and be emotionally fit. This book shows you

the steps to mental fitness how to be positive and ways not to emotionally eat when your upset not reaching for candy or chips but fruit or reading a book or walking having the right frame of mind can be the difference between fit mind vs unfit mind lots of valuable information

Got this book to help me stop binge eating. I need to get healthy and fit and this book totally has so many great valid advice that has helped me understand why I haven't lost weight. All the tips will totally help kick start any diet and help motivate you. If your looking to loose some weight and need help understanding the process this book will help!

Got a couple things out of it. Not in depth enough to me.

There is some good information here but it's poorly organized. I had trouble taking this book seriously. Most of this is common knowledge for those of you who have read up on the subject of binge eating already. This is a thin book.

FitMentality by Dr. Kim Chronister is a great. I was referred this book by a dear friend. This goes into why people binge eat. It gives you great coping skills and solutions to obtain the body and freedom you want. There are many great tools, worksheets, and some great food ideas to help you on your way!

I am really glad that I read this book. For a long time I didn't understand a lot of the reason why I eat like I do and this book really helped me figure that out. It opened my eyes to so many different facts and things that I didn't realize or notice before. I've recommended it to two friends already!

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Wellness and Weight loss, Eat Clean Diet Book 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 The Binge Code: 7 Unconventional Keys to End Binge Eating & Lose Excess Weight The Binge Code: 7 Unconventional Keys to End Binge Eating and Lose Excess Weight (+Bonus Audios) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) The Morning Routine: Boost Productivity, Motivation, Energy and Stop Procrastinating with the Best Daily Routines (Habit Stacking, Wealth Mindset, and Millionaire Mindset) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Binge Eating Cure: Overcome Food Addictions & Rid Your Life of Eating Disorders, Volume 1 Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) Quit Binge Eating Habits: Compulsive Eating Help with Hypnosis and Meditation

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