

## By Carolyn Coker Ross The Binge Eating And Compulsive Overeating Workbook An Integrated Approach To Overcoming Disordered Eating Whole Body Healing 612009

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### Carolyn Coker Ross, MD, MPH, CEDS - Founder and CEO - The ...

In The Food Addiction Recovery Workbook, physician Carolyn Coker Ross offers the proven-effective Anchor Program™ to help you curb cravings, end body dissatisfaction, manage stress and emotions without food, and truly satisfy your soul. When it comes to addiction, abstinence isn't always the answer—and with food addiction, this

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The Dr. Carolyn Coker Ross Show: Binge Eating Disorder, Stress Eating, Emotional Eating, Food Addiction on Apple Podcasts 64 episodes You can put an end to food obsessions, body dissatisfaction and cravings. You can make peace with food and your body and have the energy and vitality you want!

### The Dr. Carolyn Coker Ross Show: Binge Eating Disorder ...

About the Author Carolyn Coker Ross, MD, MPH, is an integrated medicine physician, author, and nationally recognized speaker. She is a graduate of the University of Michigan Medical School, and an alumna of Andrew Weil's integrative medicine program at the University of Arizona.

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"Carolyn Coker Ross is a leading authority in the use of integrative medicine for eating disorders and addictions. Her new book offers a compassionate and highly effective approach to treating individuals with these problems. She offers both expertise and hope in showing us possibilities for transformation and healing at the deepest levels."

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Carolyn Coker Ross. 4.03 · Rating details · 29 ratings · 7 reviews When we constantly feel hungry and overeat, sometimes it's not about the food. In this important book, a weight management expert presents the proven-effective Anchor Weight Management System to help people finally end their struggles with emotional eating and weight gain.

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