

## BINGE CONTROL A COMPACT RECOVERY GUIDE

Nov 23, 2020



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"Binge Control: A Compact Recovery Guide" Welcome to today's #EDHchat! We are excited to have special guest, Dr. Cynthia Bulik with us today. Dr. Bulik will be tweeting as @cbulik. Thank you for joining us today Dr. Bulik! Please tell us a little bit about yourself and your background. I am a clinical psychologist and the founding director of the UNC CEED. Much of my work at UNC CEED is ...

[Binge Control: A Compact Recovery Guide: Bulik PhD...](#)

Unlike bulimia, binge eating periods are not followed by regular purging, excessive exercise, or fasting. Those are the core features, but there are many variations on that central theme. EDH: Thank you for sharing this information with us @cbulik, very helpful. What compelled you to write your book, Binge Control: A Compact Recovery Guide?

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About Binge Control: A Compact Recovery Guide Writer I've not written a blog for months. I've been moving house, Binge Control: A Compact Recovery Guide little internet connection, and been generally busy, and tired. I'm glad that this past couple of weeks I had felt like I have the time and space to start writing again, so there will be blogs to come, soon. I wanted to put something down to ...

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