

Our Beat the Binge online program includes 25+ video lessons to help you to overcome your impulsive overeating and regain control over your life.

It also features 22 printable worksheets that'll help you put what you learn into practice, along with a library of mindfulness exercises that are proven to help you deal with urges and temptations.

We add new content and bonus videos on a regular basis which you can enjoy for free as part of your lifetime access.

In addition to the 25+ video lessons covering the above topics, there are also over 20 practical activities and printable worksheets that'll help you apply your new knowledge in real life.

Plus, you'll receive access to a library of mindfulness exercises that have been proven to help people manage urges and overcome impulses related to impulsive overeating.

Explore the course outline below.

- Beat the Binge**
Learn how to stop your impulsive binge eating or overeating and emotional eating once and for all. Let's take look at impulsive binge eating and eating disorders.
- Getting Started**
If you want to achieve a sustainable change in your life then you will need to change your mindset and attitude first. In this section you'll learn how to ask yourself the right questions, choosing the right mindset, and some common mistakes to avoid.
- Controlling Impulses**
Next you'll learn about impulses, urges, and temptations, along with how to rewire your brain so that you respond to them correctly.
- Physical & Emotional Hunger**
Understanding hunger cues is essential to healthy eating habits, so you'll learn the difference between them so that you're able to respond differently to each.

- ✓ **Press Pause**
This section teaches you how to respond to urges and delay the need for immediate rewards. It'll help you better understand the principles that make immediate gratification so appealing and give you the skills you need to avoid them.
- ✓ **Triggers**
Understanding triggers is crucial if you want to address or avoid them. In this section you'll learn to identify your triggers and prepare a plan to deal with them.
- ✓ **Thinking Long-Term**
Next you'll learn how to make lifestyle and behavior changes that last for the long-term. We'll help you to identify your core values so that you have a compass that can direct you towards the long-term goals you want.
- ✓ **Nutrition**
In this section you'll learn the fundamentals of nutrition so that you're armed with the knowledge to make healthy decisions, as well as some practical nutrition strategies that you can implement immediately.
- ✓ **Plan of Attack**
Now you'll develop a plan of attack so that you can take what you've learned forward and apply it to your own situation. This comprehensive series of lessons will help you to build a healthier relationship with food, develop and protect a positive mindset, deal with your inner critic, adopt tracking and accountability practices, along with many more practical techniques.
- ✓ **Body Positivity**
Finally, we'll address your relationship with yourself so that you can learn to truly love your body. We address self-image and self-esteem which is essential if we're to overcome the problematic patterns of overeating.

Free 'Beat the Binge' eBook Included With The Course

RRP \$19.95 On Amazon



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