



Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating, and Emotional Overeating

Judith Matz, Ellen Frankel

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Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder, Compulsive Eating or Emotional Overeating. The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating. Next, they offer step-by-step guidelines to help clients end the diet mentality and learn an internally-based approach known as attuned eating. Divided into three sections—The Problem, The Treatment and The Solution—this engaging book contains chapters filled with compelling case examples, visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight.

In addition to addressing the symptoms, dynamics and treatment of eating problems, *Beyond a Shadow of a Diet* presents a holistic framework that goes well beyond the clinical setting. This invaluable resource includes topics such as the clinician's own attitudes toward dieting and weight; cultural, ethical and social justice issues; the neuroscience of mindfulness; weight stigma; and promoting wellness for children of all sizes. Drawing from the Health At Every Size paradigm—and the wealth of research examining the relationship between dieting, weight and health—*Beyond a Shadow of a Diet* offers both therapists and their clients a positive, evidence-based model to making peace with food, their bodies and themselves.

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