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# I Am A Binge Eater: Binge Eating Memoir: Secrets and Hidden Emotions

*Emily Paige*

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*You know how every kid loves sweets well I wasn't an exception. I must admit that many times I even took advantage of my mom's weakness and love for me. It was enough to put my "sad puppy face" on and my mom would immediately respond with "Tess would you like a piece of cake?" and from taking just a piece of cake I end up finishing the whole thing. You probably know that feeling when you just can't stop eating after taking that first bite and the taste is just so heavenly...*

## Understand you may need help

**Do you find yourself going through binge eating and dieting cycles? Do you know you're doing wrong each and every time you overeat? Have you ever believed that forcing yourself to vomit is a good option?**

*I ate so much that I felt physical "pain", started vomiting and would repeat the cycle all over, like every bite could be my last. That kind of overeating would happen one day, then the next...*

## Unlock your secret emotions today

In *I am a Binge Eater*, Emily Paige understands that you're not alone. This book is a fictional memoir of a self-confessed binge eater, which will help you discover more about your feelings and your hidden emotions.

Emily has created an avatar for you to shine a private light on your hidden emotions. Your family and friends may not understand you, but reading this memoir will show that you're not alone in your overcoming binge eating struggle.

*So, I decided that I will prepare myself physically for the NEXT Monday but again my decision and determination failed me. After a month, I had to admit to myself that I really had a BIG problem...*

## Discover the only thing holding you back

Emily will help you to identify secrets you hide from others and then understand how your emotions may be responsible for many of your problems.

*The worst thing was that with each pound I gained I must have lost a piece of my self-confidence, which at the end was the hardest part to regain, even if I didn't know it at the time...*

## A rewarding, short and easy read awaits you

Sometimes it's good to find comfort with a likeminded person, so Emily has written this short binge eating memoir to comfort you and not lecture you.

*This is not a disease of a "coddled person", it is a deep and a more complex problem. It is a disease that can*

*happen to anyone at any time; it appears slowly and creeps up on you, as it did for me...*

## You'll receive all these benefits from this overcoming binge eating story:

- The Beginning [some reasons for starting binge eating]
- Awakening [how to understand you have a problem]
- Time of Struggle
- Something about Depression
- Motivation – Why is it so Important?
- How to Cope with Challenges
- Some Tips and Tricks
- Conclusion [help for you on your struggle with overeating and binge eating]
- Resources [on overcoming binge eating]

## Testimonials

You can see for yourself what other people have said about this book:

*"The whole book's a really powerful metaphor. And it's helped me change how I act around food..."*

*"Truthfully, it does not lecture the readers and make us react into something negative. It comforts us and little by little identify the problems that are hidden..."*

*"I think this book has dealt on a sensitive topic but has done it well. This book must be read by everyone concerned, those who experienced this and those who have loved ones undergoing this situation. I find this profound and inspiring..."*

Tags: binge eating, binge eating disorder, binge eating cure, binge eating treatment, binge eating solution, overcoming binge eating disorder, binge eating help

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**From reader reviews:**

**Nancy Rush:**

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