



E foram magros e felizes para sempre? As portas de saída da compulsão alimentar (Portuguese Edition)

Elisabeth Wajnryt

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Quantas vezes você já se mortificou ou foi incriminado por comer compulsivamente?

Neste livro, a psicóloga Elisabeth Wajnryt traduz a compulsão alimentar em seus aspectos psíquicos e biológicos e conduz o leitor de maneira gentil e acolhedora através do passo a passo para a superação desse transtorno que provoca tanto sofrimento. O aprendizado requer tempo e paciência, mas a boa notícia é que a mudança é possível.

Você vai aprender a identificar as verdadeiras razões que o levam a detonar uma caixa inteira de chocolates ou a comer um pacote de bolachas, para se arrepender logo em seguida. E, uma vez identifica o problema, o que fazer para conseguir o equilíbrio que traz bem-estar psíquico e uma alimentação saudável. O controle do peso será uma consequência natural desse processo.

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