

# Download Crave Why You Binge Eat And How To Stop

I'm embarrassed to admit it, but for years I struggled with binge eating. When others were around me, I would eat healthy, normal-looking meals, but when I was by myself I would gorge on junk food until I felt sick. It was a heavy secret to keep, affecting not only my weight and overall health ...crave (kr?v) v. craved, crav-ing, craves v.tr. 1. To have an intense desire for. See Synonyms at desire. 2. To beg earnestly for: Your Honor, I crave the court's indulgence in this matter. v.intr. To have an intense desire for something [Middle English craven, from Old English crafian, to beg.] crav'er n. crav'ing-ly adv. crave (kre?v) vb 1 ...No matter why (or how) someone binges, there are plenty of treatment options available for those who seek help. THINK model. Mantell suggests trying the THINK model when a binge feels imminent. Does all this mean you should say buh-bye to birthday cake, French fries and bagels—no, sir! But if you feel like your food cravings are running your life, I hope understanding them and trying these tips will put you back in the driver's seat again.