

## **Binge Eating Solutions Coaching**

### Description:

Binge Eating Solutions help binge eaters eliminate their compulsive overeating behavior. We offer a program based on group (and/or individual) coaching and group classes done over the phone. The participants receive each week a workbook with class notes, and exercises. The program is focused on resolving what triggers one to overeat. The program is accessible to everyone who is serious about eliminating his/her binge eating disorder.

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