

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.

Address Line 1: 1247 Russell Ave

Country: USA

State: California

City:

Zip: 94024

Website: <http://www.binge-eating-solutions.com>