

By Carolyn Coker Ross The Binge Eating And Compulsive Overeating Workbook An Integrated Approach To Overcoming Disordered Eating Whole Body Healing 612009

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Carolyn Coker Ross, MD, MPH, CEDS - Founder and CEO - The ...

About the Author Carolyn Coker Ross, MD, MPH, is an integrated medicine physician, author, and nationally recognized speaker. She is a graduate of the University of Michigan Medical School, and an alumna of Andrew Weil's integrative medicine program at the University of Arizona.

The Emotional Eating Workbook: A Proven-Effective, Step-by ...

I'm Carolyn Coker Ross, MD and I'm a specialist in treating binge eating, food addiction and emotional eating and I'd love to teach you how to regain your self-confidence, end your struggle with food and weight and be free to live your life again. Listen on Apple Podcasts.

The Dr. Carolyn Coker Ross Show: Binge Eating Disorder ...

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The Food Addiction Recovery Workbook: How to Manage ...

Dr. Carolyn Coker Ross is an author, speaker, expert in using Integrative Medicine for the treatment of food and body image issues and addictions. She is board certified in Preventive Medicine and Addiction Medicine and is a graduate of Andrew Weil's fellowship in Integrative Medicine.

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In The Food Addiction Recovery Workbook, physician Carolyn Coker Ross offers the proven-effective Anchor Program™ to help you curb cravings, end body dissatisfaction, manage stress and emotions without food, and truly satisfy your soul. When it comes to addiction, abstinence isn't always the answer—and with food addiction, this

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Dr. Carolyn Coker Ross is a nationally known author, speaker and expert in the field of Eating Disorders and Integrative Medicine. She completed medical school at the University of Michigan, did a residency in Preventive Medicine at Loma Linda University and completed a two year fellowship at Dr. Andrew Weil's Center for Integrative Medicine.

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The Emotional Eating Workbook: A Proven-Effective, Step-by-Step Guide to End Your Battle with Food and Satisfy Your Soul by Carolyn Coker Ross.

The Emotional Eating Workbook by Ross, Carolyn Coker (ebook)

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