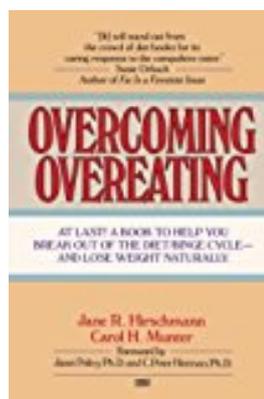


# [PDF] Overcoming Overeating

**Jane R. Hirschmann, Carol H. Munter - pdf download free book**

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**Books Details:**

Title: Overcoming Overeating  
Author: Jane R. Hirschmann, Carol H.  
Released: 1989-05-20  
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**Description:**

**From Publishers Weekly** Hirschman and Munter, who teach at Manhattan's New School for Social Research and conduct therapy groups, here present a three-part program to help overeaters to "live free in a world of food." The authors warn against dieting, with its weight-off-on-again discouragements, focusing on methods successfully adopted by their clients. Case histories dramatize the results of learning to distinguish "stomach hunger"the body's legitimate need for sustenanceand artificial craving for treats as substitute for emotional satisfaction. Interviewees quoted here who have conquered food obsessions support the authors' claim that the program is

revolutionary. The book is wordy but engagingly informal and accessible. It includes two questionnaires, one of which the authors request readers complete and return to them. First serial to Family Circle; Psychotherapy Book Club and Social Science Book Club selections. Copyright 1988 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

**Review** "A powerful, persuasive, affirming, radical perspective on overeating that will transform lives."

- HARRIET LERNER, Ph.D., author of *The Dance of Anger*

"It gives the reader all the inspiration they need to stop dieting and begin living a rich, full, self-accepting life."

- GENEEN ROTH

"A refreshing, upbeat approach to eating and living. Hirschmann and Munter use their considerable expertise and insight to provide a wealth of practical advice about how to stay off the diet treadmill."

- DR. JANET POLIVY and DR. PETER HERMANN, Authors of *Breaking the Diet Habit* --This text refers to an alternate edition.

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