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Debbie Danowski, Ph.D. is the author of four popular books about weight and The Overeater s Journal The Overeater's Journal Exercises for Heart, Mind, and

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OAOvereaters Anonymous; TSJTwelve Step Journal; WAWorkaholics Anonymous; Big Book . They do not go into as much detail as the Step 4 worksheets,

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Surveys of OA members have found that some also exercise regularly, attend religious services, Journal to Recovery (Overeaters Anonymous).

## **Nimh eating disorders: about more than food**

What are eating disorders? excessive exercise, This binge eating is followed by behavior that compensates for the overeating such as forced vomiting,

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### **A key to successful weight management - fearless**

A Key To Successful Weight Management. It is a workbook by Debbie Danowski, Ph.D. titled, Overeater s Journal: Exercises for the Heart, Mind and Soul.

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into the overall intervention under the belief that obesity is a result of maladaptive eating behaviors and exercise overeating. Stimulus control Journal

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