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Psych Up Live
Thursday at 11 AM Pacific
December 31st 2020: Encore Understanding and Overcoming Binge Eating

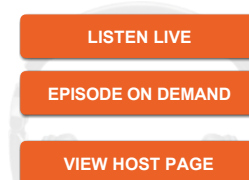
In this show Jennie Kramer, LCSW-R draws upon her experience in treating all forms of eating disorders and her co-authored book, *Overcoming Binge Eating for Dummies* to offer expert and useable information on Binge Eating Disorder (BED). With sensitivity and realistic perspective, she answers questions like-What is Binge Eating? Does it differ from compulsive eating or overeating? Who binges and why? She underscores the health risks associated with Binge Eating Disorder and describes first steps to change for those struggling. She accounts for the physical, psychological and social factors inv

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Featured Guest



Jennie J. Kramer, MSW,LCSW-R

Jennie J. Kramer, MSW,LCSW-R is the Founder and Executive Director of Metro Behavioral Health Associates Eating Disorders Centers, located in Scarsdale and in NYC.

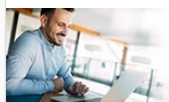
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