

*Discovering the Adult Baby in you - the joys, the struggles, the highs and the lows.*

***A new AB Article: “Binge and Purge: An ABDL Frustration”***

*“It would not be untrue to say that one of the bigger problems of ABDL life for many is in trying to find a degree of BALANCE in how the needs and desires of babying and diapering fit into the real adult world. The very real problem of the notorious Binge/Purge cycle is a function of this difficult-to-find internal balance.*

*One of the things we may want to do initially to solve this dilemma is to find a ‘cure’ for the ABDL drive itself, but sadly, this is a fool’s errand as it simply does not work. In fact, this well-intentioned idea ends up feeding into the Binge and Purge cycle by attempting something that does not work and cannot work and leaves behind additional feelings of failure and disgust.*

*‘Binge and Purge’ – better described as ‘Purge and Binge’ – is not an uncommon behaviour trait in many areas of behaviour. Fetishists in particular, are often plagued by this problem in which they indulge their fetish and then afterwards, feel disappointed, disgusted or other similar negative emotions and then purge everything associated with it. Then later on, they simply have to buy their fetish items once again and usually binge-buy as their deep-seated need inevitably presents itself once more.*

*So how do we handle this wildy-swinging behaviour?...”*

[CLICK HERE](#)

*to read the rest of the article*

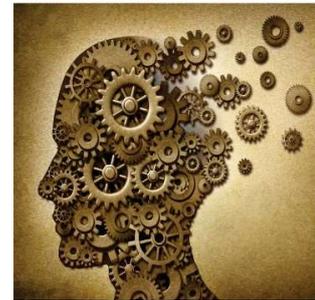
## FOCUS ON...

### 'Adult Babies: Psychology and Practices'

*Don't you sometimes just want to know: 'what is this diaper thing and why do I want to wear them'? it can be frustrating to have this incomprehensible and uncommon desire to... wear diapers! It can drive you nuts trying to work it out. Well if you've ever asked yourself that question then THIS is the book for you.*

*Adult Babies: Psychology and Practices delves into the inner workings of Adult Infantile Regression and builds an easy model of behaviour that anyone can understand. One of AB Discovery's biggest sellers, this book is a brilliant explanation of the issues that can confront us all as we wear diapers and wonder 'why'.*

### Adult Babies: Psychology & Practices



Discovering the structure, motivations and needs of Adult Babies

Rosalie and Michael Bent

Written in 2016 to superb reviews, this book is available to ABDiscovery subscribers only for a lower price of \$5.95 in PDF format direct from us.

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