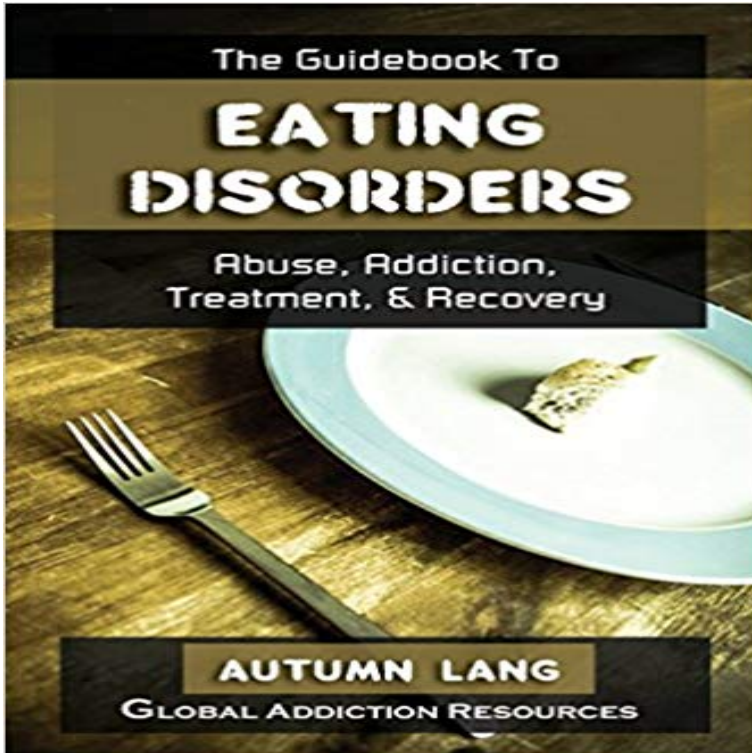


## The Guidebook to Eating Disorders: A Self Help Guide to Overeating, Binge Eating, Anorexia, Food Addiction, and Compulsive Eating (Drug Addiction and Substance Abuse Recovery 6)



Do you need binge eating help? Are you causing self harm with compulsive eating disorders? Do you think you may have developed a food addiction and need some food addiction recovery help? We live in a world full of unhealthy body images and body stereotypes couples with a plethora of unhealthy foods and junk food options. This climate of unhealthy eating creates all sorts of eating disorders in people of all ages. Teenage girls are the most common victims of eating disorders and binge eating disorders, facing seemingly insurmountable pressure to conform to the beauty standards of their peers and the pop cultural entertainment. However, all ages and demographics are prone to food addictions and eating disorders. Food addiction and overeating are dangerous and problematic. We hope to shed some light on a whole range of eating disorders including binge eating, anorexia, and unhealthy compulsive eating. This book serves as an eating disorder self help guide that helps with understanding eating disorders and offers binge eating recovery advice along with eating disorder treatment suggestions.

Topics: Eating Disorder Books, Eating Disorders Cure, Eating Disorder Recovery, Eating Disorders, Binge Eating Disorders, Eating Disorders Treatment, Binge Eating Cure, Binge Eating Help, Food Addiction, Food Addiction Recovery, Food Addicts Anonymous, Emotional Eating, Anorexia, Anorexia Recovery, Anorexia Treatment, Anorexia Cure, Overeating, Overeating Help, Overeating Anonymous, Compulsive Overeating, Compulsive Eating Disorder, etc.

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