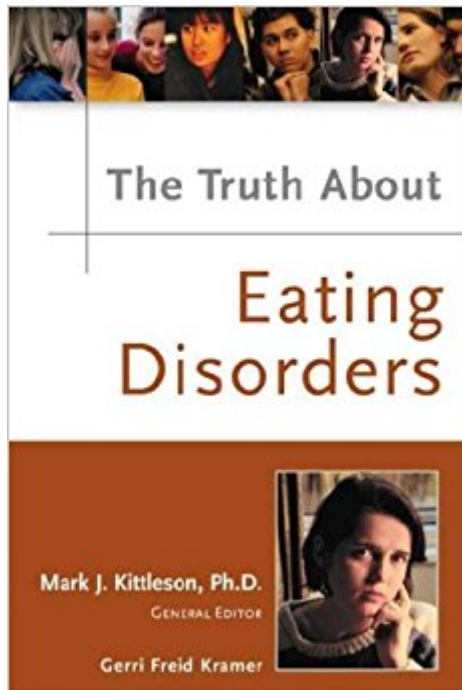




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# The Truth About Eating Disorders



## Synopsis

According to the National Eating Disorders Association and the National Institute of Mental Health, between five and 10 million Americans suffer from eating disorders. 'The Truth About Eating Disorders' is a comprehensive A-to-Z guide addressing everything from the lifelong effects of anorexia to the pressures and stresses that often lead to one or more of these disorders. Offering important facts, testimonies and demonstrations that illustrate the serious dangers of eating disorders, this volume helps teens find a healthier way to deal with their problems. Personal testimonies and question-and-answer segments provide a real-life perspective, and charts and graphs add a visually stimulating element to this crucial reference. Topics include caloric intake and expenditures, causes of eating disorders, fad diets, obesity, and weight control.

## Book Information

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Recovered from Our Eating Disorders CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Ultimate Guide Living through the 12 Steps-: How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders, 12 steps) Binge Eating Cure: Overcome Food Addictions & Rid Your Life of Eating Disorders, Volume 1 Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders Understanding Sports and Eating Disorders (Teen Eating Disorder Prevention Book) The Truth About Eating Disorders Entropy: The Truth, the Whole Truth, and Nothing But the Truth Blood and Circulatory Disorders Sourcebook: Basic Consumer Health Information about Blood and Circulatory System Disorders, Such as Anemia, Leukemia, (Health Reference) Introduction to Communication Disorders: A Lifespan Evidence-Based Perspective (5th Edition) (Pearson Communication Sciences and Disorders) Articulation and Phonological Disorders: Speech Sound Disorders in Children (8th Edition)

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