



Eating Disorders Treatment Recovery Simplified: How to Restore Your Life from Anorexia Nervosa, Bulimia Nervosa Binge Eating Guide Workbook (Paperback)

By Susan Jackson

Createspace, United States, 2013. Paperback. Book Condition: New. Workbook. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****. This eating disorders treatment book will give you answers! After reading it you will have a clear and complete picture of what it is like to have anorexia nervosa, bulimia nervosa, or compulsive overeating. This book will also give you many ideas and practical advice on how to cope and heal with these eating disorders. This book covers the 3 most common eating disorders, including: - Anorexia nervosa - Bulimia nervosa - Binge eating All 3 of these disorders are closely linked so it is very important to understand each one and also the connections between them. Topics covered in this book include: - Understanding the cause of anorexia, bulimia and over eating disorders - How to diagnose of anorexia, bulimia and over eating disorders - How to deal with eating disorders in friends and loved ones - How cope with and heal from anorexia, bulimia and over eating disorders - Effective ways of anorexia, bulimia and over eating disorders treatment and recovery Many people look in the mirror and are dissatisfied with their bodies. They are...

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