



# **Eating Disorders: A Complete Overview of Eating Disorders and Recovery (eating disorder, disorder, mental health, anorexia, bulimia, bingeing, weight loss)**

*Amber Johnson*

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Identify and prevent a variety of eating disorders. Eating disorders are crippling psychological illnesses defined by abnormal eating habits that may involve either insufficient or excessive intake that has a negative impact on an individual's physical and mental health. Anorexia and Bulimia are the most common forms of eating disorders; although many other types such as binge eating disorder exists as well.

## Here Is A Preview Of What You'll Learn...

- Identifying Eating Disorders
- The Best Course of Treatment
- What to do if You Have an Eating Disorder
- How to Seek Out a Professional
- Common Causes of Eating Disorders
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