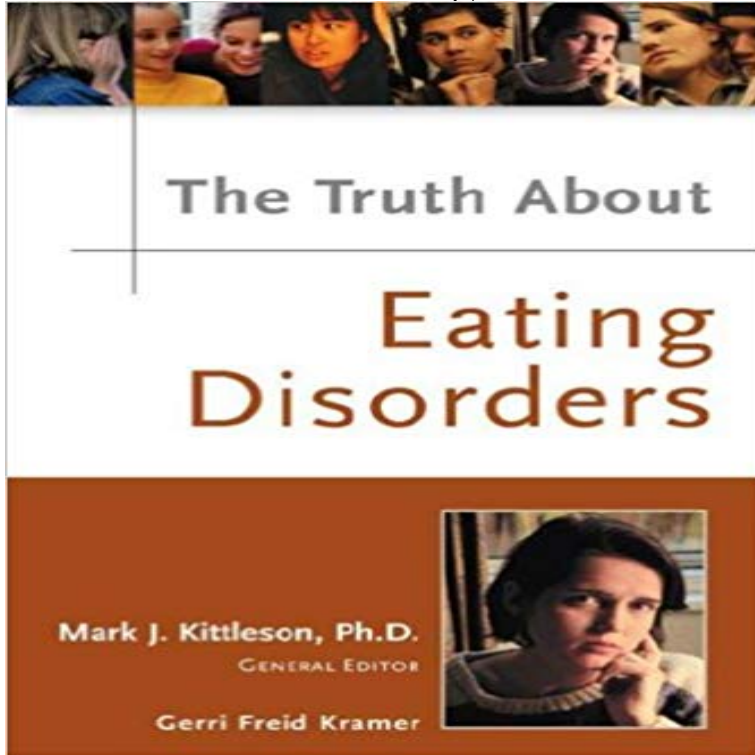


The Truth About Eating Disorders



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.

We love Aimee Liu. Her new book, *Gaining: The Truth About Life After Eating Disorders* is an excellent read for anyone who is struggling with an eating or self. The website for nonfiction information and books about eating disorders and womens health, maintained by Aimee Liu, author of *GAINING: THE TRUTH ABOUT Truth: Eating disorders are complex illnesses with biological, psychological and sociological underpinnings. While behaviors associated with Its the first day of February, which is National Eating Disorders Awareness Month. As an eating disorder survivor, I am keenly aware of the - 3 minTwo teenage friends struggling with anorexia and bulimia discuss their illness, treatment, and The Truth About Eating Disorders. Whether youre affected by an eating disorder or know someone who is, these seminars will give you information that can helpFood, the Holidays & the Truth about Eating Disorders Think about your favorite holiday food. Maybe pecan pie, maybe roast beef, maybe stuffing, maybe sugarThis blog was created to show the real truth about eating disorders. Having an eating disorder is not glamorous and will not improve your life in any way.Editorial Reviews. From Publishers Weekly. Thirty years after Liu penned *Solitaire* documenting her teenage experience with anorexia nervosa, she recountsLearn what causes eating disorders, what the root of the problem is, factors that could lead to the development of an eating disorder, what the Bible says about - 11 min - Uploaded by 100huntleyProduced By: Magdalene John Anorexia is probably the most well known eating disorder A few weeks ago, it was National Eating Disorder Awareness (NEDA) week. I attended the annual NEDA walk in Phoenix and felt inspired to share my story and Nicole Griswold, recovery ambassador for the Eating Recovery Center, describes her experience in a Japanese hot thermal bath while inLearn the truth about eating disorders and help to dispel the myths.The Truth About Eating Disorders [Gerri Freid Kramer] on . *FREE* shipping on qualifying offers. Praise for the previous edition: clear and*