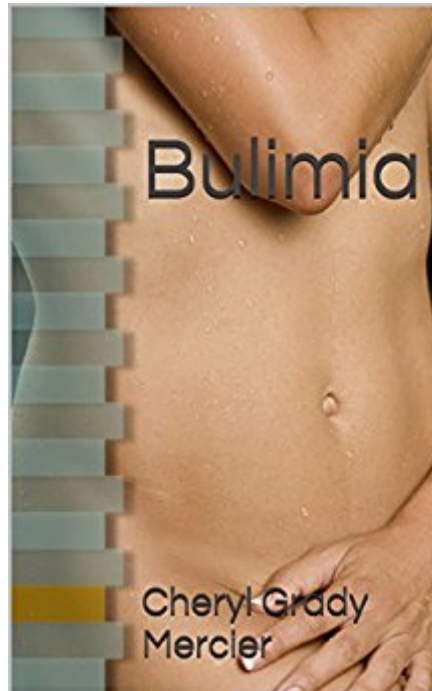




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# Bulimia (Eating Disorders Book 3)



## Synopsis

Unlike some bulimia nervosa books this concise publication is written in easy-to-read and to understand terms. It is an overview of this dangerous eating disorder written for 1. Teens and young adults with bulimia 2. Parents and family members 3. Teachers and school staff 4. Counselors and child psychologists

Thin is in. The desire to have a thin and trim body has influenced millions of Americans to diet. They read magazine articles about dieting, buy diet books, go to diet doctors, join diet programs and count calories so they can lose weight and have thin bodies. Others, usually young women, find a better way to lose weight. The pursuit of being thin becomes an obsession that begins when she breaks her diet. She is overcome with guilt and has the idea of getting rid of the bad food by vomiting or using laxatives. At first this approach seems to work and she discovers that she can eat almost anything and as much as she wants. She only has to get rid of the bad food when she is done eating. This behavior can continue for an extended period, occurring occasionally or frequently. The binges may get closer to each other and happen when she is feeling down, upset, stressed or disturbed. The eating behavior helps to fill an emotional need and the purging behavior helps to avert the physical consequences of eating. A bulimic knows that her behavior is abnormal, but finds that she cannot stop. Her binge-purge behaviors have become an addiction. She begins to plan her binges. She steals food from family or roommates. Binges and planning them begin to occupy her time. Other addictions, such as alcohol and drugs, may also arise. Because of their addictions, some bulimics experience financial problems. It takes money to buy the food needed to binge. Family, friends and social relationships recede in importance. Binging becomes all-consuming. The bulimic hides her binges often quite cleverly. At some point, however, family and friends take notice and become concerned. Maybe it is the food disappearing, or the money or regularly excusing herself after meals and they are right to be concerned. This disease poses potential health problems and can be life-threatening for bulimic children and bulimic teens and bulimic women. Bulimics need help to break the vicious cycle of bingeing and purging. Parents, families, friends, school counselors and teachers are in a position to recognize the problem and help the bulimic get treatment. The intent of this publication is to help anyone who is interested to learn the signs of bulimia and help the bulimic recover from this disease. Early detection and treatment are instrumental in overcoming this eating disorder. However, complete physical and psychological recovery requires the bulimic's full cooperation and effort. This concise e-book provides important information about bulimia, including the answers to 20 revealing questions about

- Who is at risk of developing bulimia?
- Are anorexia and bulimia the same disorder?
- What are the psychological characteristics of

bulimia? – Do other problems develop in people with bulimia? – How can bulimia be identified early? – What factors are important in finding a successful bulimia treatment program? There is also an explanation of the Similarities Between Bulimia and Other Addictive Behaviors. Five more lists provide additional information about bulimia nervosa such as 1. Emotional and behavioral symptoms of bulimia 2. Physical problems associated with bulimia 3. Ways to control binge eating 4. Questions to ask about an intensive eating disorder treatment program 5. Organizations to contact about bulimia and other eating disorders If you're searching for help with bulimia nervosa, purchase this e-book! What you learn will help you understand and remedy this dangerous eating disorder and related problems.

## Book Information

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