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Eating Disorders: Recovery cure for beginners - Treatments and tips to help you overcome eating disorders, obesity and anorexia (Eating disorder books ... - Eating disorders therapy Book 1)

Craig Donovan

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You or your loved ones are struggling with eating disorders? This short guide will provide you with useful information to help you start claiming your life back.

Today only, get this Amazon bestseller for just $2.99. Regularly priced at $4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Recovery from an eating disorder involves overcoming physical, mental and emotional barriers in order to restore normal eating habits, thoughts and behaviours. It is important to acknowledge that recovery is different for everyone.

For many people, recovery from an eating disorder signifies an end to eating disorder attitudes and behaviours and the development of a healthier physical and psychological state of being. This can include returning to social activities, discovering a sense of purpose and integrating back into daily life. There is no set time for recovery and it is not uncommon for the process to slow down, come to a halt completely or encounter relapses. The pace of each person’s recovery will depend on the Person-Centred treatments and the support they receive.

While this may seem frustrating, it can help to remember that with recovery as the ultimate goal, even the setbacks can be a valuable part of the journey. With the appropriate treatment and a high level of personal commitment, recovery from an eating disorder is achievable. Evidence also shows that the sooner you start treatment for an eating disorder, the shorter the recovery process will be.

hat you are about to learn...

- Fighting binge eating and obesity

- Fighting anorexia nervosa
- Eliminating Bulimia nervosa
- Practicing self-care and self-love

- And Much, much more!

Read what other people have to say

"It took me a very long time to accept that my sister had an eating disorder. If there had been a book like this, she might have gotten through it sooner. Thankfully, she's been through treatment now, but there are many who haven't and for them this book could be a godsend."

- Sam G. -

"The Eating Disorder Recovery Cure isn't a substitute for a certified therapist, but it does come close in being an informative source for anyone suffering with body issues. Binge eating, tackling anorexia nervosa, and working towards overcoming bulimia nervosa are amongst the topics covered in detail, but what makes this book more standout than most has to be its chapter on practicing self-care and self-love."

- Lauren G. -

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Sandra Bland:

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