



Are You Struggling To Beat Anorexia?: Effective Methods To Get Over Anorexia

Wendy Jarich



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"Are You Struggling To Beat Anorexia?" The name of the text poses a question that many are afraid to answer. In the long run, any individual that is suffering from anorexia will need to get the professional help necessary to get over this disease. The long term effects of anorexia can be fatal and as such this text highlights the risk and advises the anorexic individual or anyone that knows someone with the disease to seek counsel for themselves or their loved ones. Many persons that suffer from anorexia become skilled at hiding the fact that they have problems and as a result of that, it is never found out that they have a problem until it is too late or they become extremely emaciated. This text helps individuals to spot the signs and recognize the symptoms of the disease.



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