



Bulimia: The No-BS Guide to Your Recovery (bulimia, eating disorders, anorexia, binge eating, diet, weight loss, mental health)

Amber Johnson

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You're about to discover how to identify and seek treatment for Bulimia nervosa, an eating disorder characterized by binge eating and purging, or consuming an excessive amount of food in a short period of time followed by an attempt to purge the food consumed, usually by vomiting, taking laxatives, diuretics, or stimulants. These behaviors stem from an extensive concern for body weight.

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

?

- Sign & Symptoms
- Is Bulimia Genetic?
- Effective Methods of Treatment
- Proven Systems for Management
- Preventative Measures
- Getting Past Bulimia
- What Separates Good and Great Professionals
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