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# **Eating Disorders (Mental Illnesses And Disorders: Awareness And Understanding)**



## Synopsis

It is normal for people to feel insecure about their bodies sometimes; nobody is perfect. For some people, however, body image can become an obsession, leading to a possible eating disorder. Not eating at all or eating too much are both eating disorders when they occur on a regular basis. Eating disorders are both physical and mental conditions. Thankfully, treatment is available, helping sufferers lead healthier lives. The lives of millions of kids are affected by mental illness. And yet its all too common for kids to feel like they are alone with their problems. Whether you're seeking information for family, friends, or yourself, these books help explain the challenges faced by people with mental disorders. Each title in this series contains color photos and back matter including: an index, further reading lists for books and internet resources, and a series glossary. Mason Crest's editorial team has placed Key Icons to Look for throughout the books in this series in an effort to encourage library readers to build knowledge, gain awareness, explore possibilities and expand their viewpoints through our content rich non-fiction books. Key Icons are as follows: Words to Understand are shown at the front of each chapter with definitions. These words are then used in the prose throughout that chapter, and are emboldened, so that the reader is able to reference back to the definitions- building their vocabulary and enhancing their reading comprehension. Sidebars are highlighted graphics with content rich material within that allows readers to build knowledge and broaden their perspectives by weaving together additional information to provide realistic and holistic perspectives. Text Dependent Questions are placed at the end of each chapter. They challenge the

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