



# **ANOREXIA: How to Start Overcoming Anorexia Today!**

*Alexandria Stone*

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**ANOREXIA: How to Start Overcoming Anorexia Today!** Alexandria Stone

In this book you will learn what Anorexia is, and how to start overcoming its effect on your life. We will take a look at the symptoms, the effects, and explore some easy ways to handle this disease and take control of your life. Anorexia is a disease, and by the end of this book, you will be aware of the internal symptoms, relevant and effective treatments, as well as tips on a new lifestyle to maintain a healthy weight.

Anorexia may feel like it has control of you, but you are the one in control, and with this easy to follow guide, you will be on track to getting your life back on track in no time at all. Remember that you are beautiful, and you are strong, and there is nothing standing in the way of you taking control of your life.

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