



Battling Anorexia, Bulimia, Binge Eating, Health Food Obsession - Help from a Christian Perspective

Dr. Lynda L. Irons

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You are too thin. She is too fat. He eats too much. She is a picky eater. Are their eating habits acceptable? Or are they heading towards a life-threatening eating disorder? What determines whether or not someone has crossed the line into a potentially fatal lifestyle? Eating disorders such as anorexia, health food obsession, bulimia, and binge eating were once rare. They are becoming more prevalent among children as well as adults. If you suffer from one of these or know someone who is, you may feel trapped or desperate. This book will provide a look at physical signs and symptoms, soul issues - thoughts, choices, and emotions - and the spiritual ramifications of being caught up in an eating disorder. Find out what causes the disorder, what drives it, and how to break the cycle of self-destruction.

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