

Do you have someone in your life that constantly skips meals, will only eat specific low calorie foods, or exercises for hours at a time, every day?

Do you have someone in your life that is [starving](#) themselves!?

It can be difficult to spot; there may be many other signs, or other things that are in place that may not allow you to see what is going on.

Over the last few decades there has been a great deal of information and awareness for anorexia, and because of the awareness, more and more people are coming forward with the disease.

**Anorexia is more than just not eating. There is more to this complex disease than simply starving yourself.**

In order to help someone you love, that may be starving themselves to death, you need to understand the disease. You need to educate yourself in order to be an advocate for your loved one.

Education is the key to helping.

If you or someone you love is wrestling with anorexia, you **owe** it to yourself and to them to read **Wasting Away: Understanding Anorexia**. A comprehensive e-book that walks you through exactly what anorexia is, why it may develop, what the warning signs are, what type of treatment options are available to you, and what the prognosis might be

*Do you suspect that it's not just a diet anymore? When was the last time that you saw your daughter eat a meal? Is she counting every calorie? Has her weight dropped drastically?*

### ***What else is going on??***

If someone you care about is struggling with an eating disorder, you need to understand what you are up against. You need to know what types of treatment options are available and what you can do to help them through this. For many, anorexia is a life long battle and treatment may not be as easy as you think.

**Wasting Away** will educate you about the complex disease, allowing you to understand, in order to help. You will meet Jackie, Lisa and Brandy, and hear their very different stories about their own personal battles with anorexia, with three very different outcomes.

In order to help, you must first understand and **Wasting Away** is the first step to understanding anorexia, in an easy to read - no nonsense format that cuts to the chase and give you the facts that you need. Don't wait another moment! Take the first step towards helping, and download your copy of **Wasting Away NOW!**