



The least important thing about an eating disorder is food.

Hard to believe? Well, it's true. Misconceptions of food and related eating disorders often point to deeper issues of life. These underlying issues and how you deal with them are the most important aspects of an eating disorder.

Food will never satisfy your unmet longings for control, love or acceptance — it'll always leave you hungry. But those needs can be met. If you're looking for a place to begin asking some of those deeper questions of life, and finding some really satisfying answers, see the article "Relief from an Eating Disorder" at EveryStudent.com.

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