



Chasing Hunger Archives Available

One in three people knows someone suffering with an eating disorder. Chasing Hunger unravels the struggles of these issues offering real tools you can use to help reclaim your life from eating disorders.

What can I eat? Will I gain weight? What about anxiety? I can't sleep. I'm having panic attacks and I'm bloated all the time. What about junk sugar and junk foods? I feel ashamed, I feel guilty.

These and many more behavior patterns are linked to eating disorders, along with beliefs and values that are often sacrificed in the secretive drive for thinness.

The ability

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