

The background of the cover is a photograph of a beach. In the foreground, a large, intricate sand mandala is drawn on the sand, consisting of many concentric, wavy lines. A small figure of a person is sitting on the sand near the center of the mandala. The ocean is visible in the middle ground, with waves breaking on the shore. The sky is a clear, bright blue.

*Understanding*  
EATING  
DISORDERS  
RISK FACTORS, DIAGNOSIS, TREATMENT AND RECOVERY

*Written and edited by*  
Danielle Beck-Ellsworth

# Understanding Recovery From Eating Disorders

**K Morrison**



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