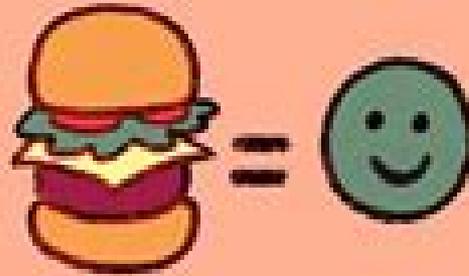


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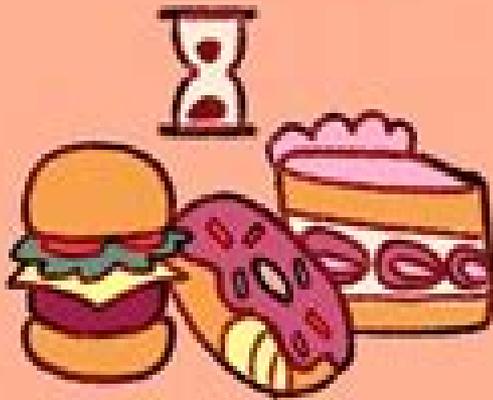
Eating until  
uncomfortably full



Eating to ease  
stress and anxiety



Recording  
weight fluctuation



Consuming excessive  
amounts of food in  
short periods



Feeling desperate to  
control eating and  
lose weight



Self-disgust, guilt,  
and depression after  
binge eating

# Binge

**Rosina Ehmann**



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