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Here’s a few links that you may find helpful in continuing the conversation around this theme:

Online articles

[https://www.tastelifeuk.org/get-help/about-eating-disorders/](https://www.tastelifeuk.org/get-help/about-eating-disorders/" \t "_blank)

https://www.beheadstrong.uk/stories/when-things-dont-go-as-planned

<https://www.beheadstrong.uk/info/wantmore-about-eating-disorders>

<https://www.beheadstrong.uk/info/life-spinning-out-of-control>

<https://www.beheadstrong.uk/stories/escaping-the-control-of-anorexia-to-find-real-freedom>

<https://www.beheadstrong.uk/info/eating-disorders>

<https://www.beheadstrong.uk/info/dump-despair>

<https://www.beheadstrong.uk/stories/living-with-a-chronic-illness>

<https://www.beheadstrong.uk/stories/managing-anxiety-whilst-achieving-your-dreams>

Helpful organisations

[https://www.ataloss.org](https://www.ataloss.org/" \t "_blank)

<https://www.tastelifeuk.org>