

# Signs of Binge Eating Disorder



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

**Lingsheng Yao**



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