



## Mirror Mirror: What is Beauty?

*David Verdu*

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## **Mirror Mirror: What is Beauty?** David Verdu

For some people, a preoccupation with food becomes a way to gain control over one aspect of their lives. Although it may start out as simply eating a bit more or less than usual, the behavior can spiral out of control and take over the person's life. Eating disorders are a serious medical problem that can have long-term health consequences if left untreated.

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