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Maybe it’s not about pursuing ‘self-love.’ Just maybe, it’s about stepping away from self-hate first. One day at a time, you will truly feel that recovery, support, and turning your struggles into strength is possible.

–KELLY U.

COME
AS YOU
ARE

#NEDAwareness



30 million Americans will struggle with a full-blown eating disorder and millions more will battle food and body image issues that have untold negative impacts on their lives.

No one has to struggle alone. Learn More, Get Screened, & Find Help: nationaleatingdisorders.org