

CYNOREXIA

Meaning: Cynorexia is an obsessive preoccupation with achieving and maintaining a thin appearance, often leading to detrimental health effects.

1. Cynorexia is a term used to describe an obsession with maintaining a thin appearance, often at the expense of one's health.
2. Many people struggling with cynorexia may not recognize the severity of their condition.
3. The psychological effects of cynorexia can lead to social withdrawal and isolation.
4. Treatment for cynorexia often involves therapy and education about healthy body image.
5. Friends and family can play a crucial role in supporting someone dealing with cynorexia.

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