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Answers

Your Question: -- To be Satisfied when You Have Eaten Enough

Answers: [1. To be Satisfied when You Have Eaten Enough](#)

Why are other people satisfied, when they have eaten enough, but not me?

[2. Eating Disorders and Other Feelings](#)

How do eating disorders function?

[3. Learning to recognize the real feelings behind an improper craving?](#)

How do you learn to recognize your real feelings?

[4. Hunger and Other Sensations: Link List](#)

List to links to web pages describing different feelings and sensations and how to deal with them.

[5. Learning to Recognize Hunger at Different Ages](#)

At what age do children learn how to recognize hunger?

[6. Regular Eating Habits](#)

How often one should eat is an individual matter, but here are some guidelines.

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