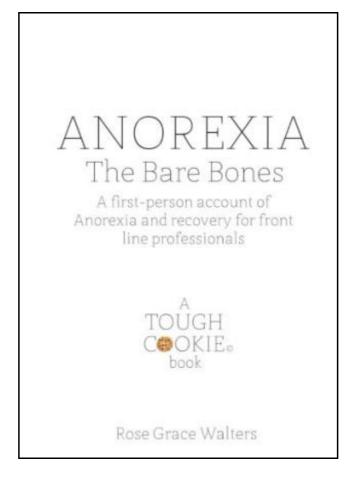
Anorexia: the Bare Bones (Paperback)



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Lulu.com, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Ever since my recovery from Anorexia ten years ago, I ve wanted to help others. Part of that was writing a book about recovery - but as well as helping people to help themselves, I wanted to help those who look after people with Anorexia, too. I hope that professionals in all capacities can benefit from this book; GPs, teachers, psychologists, consultants and medical students - anyone who wants a unique first-hand insight on this deadly mental illness which still claims so many lives and is often misunderstood. I m all about positivity, hope and finding solutions rather than simply talking about problems and bashing healthcare services. So whilst I give an open and honest account of my experience in this book, I wanted to talk about all the good things I discovered back then and since my recovery which I know will help others. I hope that by sharing my story with you we can end the stigma, promote compassion and ultimately increase recovery rates through knowledge and better understanding.

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