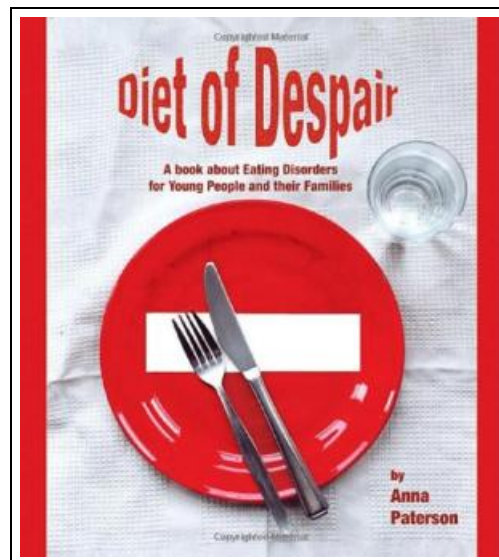


## Diet of Despair: A Book About Eating Disorders for Young People and Their Families



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## DIET OF DESPAIR: A BOOK ABOUT EATING DISORDERS FOR YOUNG PEOPLE AND THEIR FAMILIES

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Lucky Duck Publishing, United Kingdom, 2002. Paperback. Book Condition: New. 238 x 208 mm. Language: English . Brand New Book. SPECIAL MENTION TES/NASEN BEST ACADEMIC BOOK AWARD Anna has written a very descriptive book of her feeling and the difficult times she went through as she struggled with anorexia. The book gives advice, recovery ideas and encouragement for those who suffer eating disorders - International Woman I enjoyed her style of writing and would certainly recommend this book to anyone interested in eating disorders - Signpost Provides a valuable insight into how a young person with an eating disorder thinks and feels - Contact a Family The style is clear and engaging and ought to reach young people who are experiencing difficulties. The level of information contained would be of equal value to the families of these young people in helping them understand the emotions of their loved ones - Educational Psychology Looking in the bathroom mirror for the first time since my illness had begun, I saw how I really looked. I was a walking skeleton, with my skin stretched tight over my bones. My face had become a skull, and when I smiled, it looked like I was wearing a horror mask. Anna has suffered a serious eating disorder and, more importantly, she has recovered! In this book she provides the reader with: a moving account of her experiences information about eating disorders a plan for recovery HOPE. The book is intended for young people and their families, and all those who care for children at risk.

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