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Goodbye Anorexia, Hello Life: How God Helped Me Finally Find Myself and Embrace Living Loved, Healthy, and Whole (Paperback)

By Allison Bryant

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Why would a woman enter into a torrid affair with hunger, over-exercise, and death? Through seven treatment center stays, endless therapy, and the loss of a potential wedding to my fiancé, the loss of friends, jobs, and all sense of what it means to be normal, I embraced anorexia. It took a particularly frightening wake-up call as to the devastation that anorexia had done to my body: severe osteoporosis, damage to my neck which left me in constant pain, dangerously low heart rate, and dizzy spells, before I finally put the romance of wasting away to rest forever. My story is one in which I share my travels to reality's darker side - an inner and outer hell - and my decision to find my way back on my own terms. My hope in writing this memoir is to provide insight and new understanding about the multi-layered facets of what an eating disorder is really all about. If my story provides inspiration, hope, encouragement to even one person to take the steps to overcome their eating disorder,...



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Reviews

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