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Grandmother throughout her early

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unglued, she found a way to cope —
but it nearly killed her too. By
Maura Kelly. Feb 1, 2015.

True Story About Anorexia -
Eating Disorders to Cope With
Loss

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became anorexic when she was 14 as it made her feel more in control. She eventually realised that anorexia was stopping her from being happy. She started her 'Recovery Road' and hopes her story inspires others to get help.

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Anorexia: Bethan's story | Who
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But I also made it to the other side. I learned who my true friends are. I learned that there is forgiveness and compassion in the world. I slowly learned not only to accept myself, but to love myself,

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exactly as I am. I learned that
there is, surprisingly, always hope.
And this is why I am sharing my
story.

From A to B: My Eating Disorder
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A Sad Story About Anorexia.

Deanne says, when I see a story
like this I really feel sad. How
horrible to be trapped inside this

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condition for such a long time, and how lonely this lady is. I would like to help her but she thinks she is beyond help. If any reader would like to reach out to Emma Jane please let me know at admin@ncfed.com

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This, together with years of
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to develop Anorexia Nervosa. For the next 17 years she lived in isolation at a dangerously low weight, even being admitted to hospital just hours from death.

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Shutterstock. My struggle with anorexia and disordered eating began shortly after my freshman year in high school. After a difficult year in school, where I performed poorly academically,

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and overall dealt with multiple bouts of depression, I decided to start the summer off fresh by going on a diet.

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isolation at a dangerously low weight, even being admitted to hospital just hours from death.

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An interesting story about an older friend's ability to help a young girl

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with anorexia. There were times when I cringed at what the helper wanted her to do (like complete an art course or uni course when the mentally ill girl was obviously not coping with very much in life).

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Today, I look forward to a future where anorexia's voice will be silenced, where I can simply be Nikki Grahame and not be defined or controlled by my illness.' Say the name Nikki Grahame and most people will remember the bubbly, highly strung and hugely

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An Entertaining Big Brother 7 Who

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contestant. Since leaving the Big Brother house, she has forged a successful career for herself in presenting and writing. Yet Nikki isn't just another reality television contestant and her life story is not like any other you will ever read.

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From the age of eight until she was nineteen Nikki battled anorexia nervosa but few cases have been quite as extreme as hers. This compelling book tells the story of her incredible journey and has been revised to include Nikki's ongoing struggle with

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weighing just under three stone,

Nikki was diagnosed as anorexic.

For the next eight years, she was

in and out of institutions - eleven

in total - during which time she

attempted suicide twice and had to

be sedated up to four times a day

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so that she could be force-fed. At one point, she was sedated for fourteen days while doctors sewed a tube into her stomach, through which she was fed to get her weight out of the critical range. The lengths that she went to in order to avoid eating and find ways

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to exercise excessively shocked doctors who have worked in the field for years. As Nikki says, 'I've always wanted to be the best at everything I do, so I had to be the best anorexic - and I was.' With searing honesty, Nikki recounts her long and painful road to

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recovery, how she has had to come to terms with the long-term ramification of her illness, how she uses her new-found fame to promote awareness of eating disorders and to help those who are suffering from similar problems.

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the next 17 years she lived in isolation at a dangerously low weight, even being admitted to hospital just hours from death. It is also the story of how in desperation she wrote letters to a young man who would help her to find the road to

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recovery... "Anorexic" is an

autobiography by Anna Paterson,
award winning author of "Just Like
Doris Day", "Running On Empty",
"Diet Of Despair", "Fit To Die" and
"Beating Eating Disorders Step By
Step".

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Morgan Menzie takes readers through a harrowing but ultimately hopeful and inspiring account of her eating disorder. Her amazing story is told through the journals she kept during her daily struggle with this addiction and disease. Her triumphs and tragedies all

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unfold together in this beautiful
story of God's grace. Features
include: daily eating schedule,
journal entries, prayers to God,
poems, and what she wished she
knew at the time. It's the true
story of victory over a disease
that is killing America's youth.

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Katie Metcalfe takes readers through the daily struggle with this potentially lethal obsession. It is a harrowing account of her triumphs and tragedies on the long road to recovery after being hospitalized at 15. We learn of Katie's constant

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A battle with 'the voice' when her pride at improving her health is overshadowed by the fear of over eating. It is a story of a young girl at war with herself and anyone who fights to keep her alive.

However, Katie Metcalfe's book is more than a personal journey - it

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is the story of the impact of her illness on her family. With remarkable candour Katie's parents and siblings tell of the shocking impact on close relatives - when anorexia creates a stranger in the family. Katie's honesty combined with her talent for

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writing, gives a real sense of the
horror of anorexia and its power to
dominate lives. It is a true account
of a family's hard won victory over
a disease that kills.

She devoured their memoirs and
magazine articles, committing the

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most salacious details to memory
to learn what it would take to be
the very best anorexic. When she
was hospitalized at fifteen, she
found herself in an existential
wormhole: how can one suffer
from something one has actively
sought out? With attuned

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storytelling and unflinching Who

introspection, Kelsey Osgood

unpacks the modern myths of

anorexia as she chronicles her

own rehabilitation. How to

Disappear Completely is a brave,

candid and emotionally wrenching

memoir that explores the physical,

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internal, and social ramifications of eating disorders.

Say the name Nikki Grahame and most people will remember the bubbly, highly strung, and hugely entertaining Big Brother 7 contestant, famous for her diary

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room outbursts. Since leaving the Big Brother house, she had forged a successful career for herself in presenting and writing. Yet Nikki isn't just another reality television contestant and her life story is not like any other you will ever read. From the age of eight until she

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was 19, Nikki battled anorexia nervosa—but few cases have been quite as extreme as hers. What she has been through while suffering from this illness will surprise and shock readers. At just seven years old, Nikki began feeling that she was overweight. A

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remark about her being fat from a fellow pupil at a gymnastics class, along with insecurity brought about by her parents ' separation and her beloved grandfather ' s death, were the catalysts for Nikki ' s long-term eating disorder. Aged just eight and weighing just

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under three stone, she was Who

diagnosed as anorexic. For the

next eight years, Nikki was in and

out of seven institutions, during

which time she attempted suicide

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four times a day so that she could

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sedated for 14 days while doctors
sewed a tube into her stomach,
through which she was fed in
order to get her weight out of the
critical range. Nikki admits that
she knew every anorexic ' s trick in
the book: from breaking into
hospital kitchens to water down

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full-fat milk, altering her diet sheet and switching name tags on food to ensure that she received smaller amounts, to even stuffing a door-stop down her trousers before a weigh-in. The extremes that she went to in order to avoid eating and find ways to exercise

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excessively shocked doctors who have worked in the field for years. As Nikki says, "I ' ve always wanted to be the best at everything I do, so I had to be the best anorexic—and I was." This is the heart-rending and powerful story of a girl who lost her

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Childhood but was brave enough to finally admit that she wanted to live again. With searing honesty, Nikki recounts her long and painful road to recovery, how she has had to come to terms with the long-term ramifications of her illness, how she coped with being in the

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Big Brother house and how she uses her new-found fame to promote awareness of eating disorders and to help those who are suffering from similar problems. This compelling book tells the story of an incredible journey.

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The story of Moisin's struggle to overcome anorexia and find her true identity.

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and

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death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with

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The disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, Wasted is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

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Say the name Nikki Grahame and most people will remember the bubbly, highly strung and hugely entertaining Big Brother 7 contestant, famous for her diary room outbursts. Since leaving the Big Brother house, she had forged

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Presenting and writing. Yet Nikki
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food to ensure that she received
smaller amounts, to even stuffing a
door-stop down her trousers
before a weigh-in. The extremes
that she went to in order to avoid
eating and find ways to exercise
excessively shocked doctors who

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have worked in the field for years. As Nikki says, “ I've always wanted to be the best at everything I do, so I had to be the best anorexic—and I was. ” This is the heart-rending and powerful story of a girl who lost her childhood but was brave enough to finally admit

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her new-found fame to promote awareness of eating disorders and to help those who are suffering from similar problems. This compelling book tells the story of an incredible journey.

This second edition updates the

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1983 work (“ a gem ” —Booklist)
with a wealth of new information.

The author, a therapist and
recovered anorexic, draws upon
her own experience and extensive
research to produce a
comprehensive account of the
symptoms, causes and treatments

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of anorexia nervosa. She Who

illuminates the anorexic 's

paradox—self-annihilation in

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the central task of recovery:

development of a Self. The author

addresses the origins and

attributes of anorexia and

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accompanying disorders, the use and misuse of the Internet, and the concept of recovery. She addresses different therapies in detail, as well as therapies for families and interventions. A directory of organizations, a list of resources for information and

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