Here, collected for the first time, 19 writers describe their eating disorders from the distance of recovery, exposing as never before the anorexic’s self-enclosed world. Taking up issues including depression, genetics, sexuality, sports, religion, fashion and family, these essays examine the role anorexia plays in a young person’s
search for direction. Powerful and immensely informative, this collection makes accessible the mindset of a disease that has long been misunderstood.


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