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You don't get it 'right' all the time. You just have to do one thing, and it involves your mind and not calories consumed... to recover just remember her words - NEVER, NEVER, GIVE UP. Do that one thing and you WILL live. With anorexia there are 2 choices: RECOVER or DIE.

Biting Anorexia - Howard-Taylor, Lucy - 9781572247024 | HPB

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So begins Biting Anorexia, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery. Much of this unflinchingly candid memoir is ripped directly from the pages of author Lucy Howard-Taylor's My name is Lucy.

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memoir is ripped directly from the pages of author Lucy Howard-Taylor's diary as she struggled with the torturous condition, offering a rare glimpse into the thoughts and fears that grip the minds of those struggling with anorexia, the most fatal of all psychiatric illnesses.

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Biting Anorexia offers some very enlightening first-hand accounts, as well as hope for recovery and additional resources for those suffering from an ED and those caring for them. I found this inspiring and incredibly helpful in broadening my understanding of such disorders.

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From the Publisher. In this searingly honest memoir, Biting Anorexia, law student and recovered anorexic Lucy Howard-Taylor tells the story of her descent into anorexia and major

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