

Bulimics on Bulimia



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Thousands suffer from bulimia secretly and in silence. They are never diagnosed and their story goes untold. Bulimics on Bulimia is a collection of accounts by people who are living with the disorder, shedding new light on the day-to-day struggle of coping with bulimia. This book challenges the stereotypical 'bulimic' as a teenage girl, revealing that bulimia affects a far wider range of people. The moving stories in this book provide a new look at the experience of bulimia, showing that beyond its stigma as a negative and embarrassing illness it can prove to be an empowering life journey. This book is a must-read for both professional and lay readers: counselors, psychologists, mental health professionals, those who are suffering or have suffered from an eating disorder and their friends and families.

作者介绍:

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