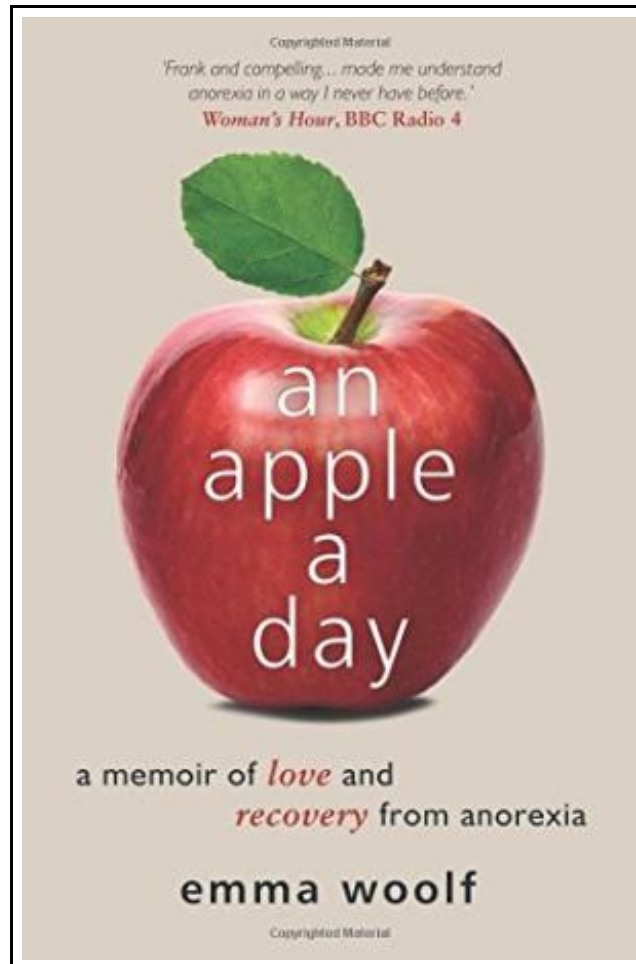


## An Apple a Day: A Memoir of Love and Recovery from Anorexia



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Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, An Apple a Day: A Memoir of Love and Recovery from Anorexia, Emma Woolf, I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat. Remember when Kate Moss said, 'Nothing tastes as good as skinny feels'? She's wrong: chocolate does. At the age of 32, after ten years of hiding from the truth, Emma Woolf finally decided it was time to face the biggest challenge of her life. Addicted to hunger, exercise and control, she was juggling a full-blown eating disorder with a successful career, functioning on an apple a day. Having met the man of her dreams (and wanting a future and a baby together), she embarked on the hardest struggle of all: to beat anorexia. It was time to start eating again, to regain her fertility and her curves, to throw out the size-zero clothes and face her food fears. And, as if that wasn't enough pressure, Emma took the decision to write about her progress in a weekly column for The Times. Honest, hard hitting and yet romantic, An Apple a Day is a manifesto for the modern generation to stop starving and start living. This compelling, life-affirming true story is essential reading for anyone affected by eating disorders (whether as a sufferer or carer), anyone interested in health and social issues - and for medical and health professionals.



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