



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

By Emma Woolf

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...



[READ ONLINE](#)
[9.51 MB]

Reviews

This pdf is definitely not straightforward to get started on studying but extremely exciting to see. It generally does not charge an excessive amount of. Your lifestyle period is going to be convert once you full looking over this publication.

-- Elliott Rempel MD

Great eBook and beneficial one. It is packed with wisdom and knowledge You wont really feel monotony at at any time of your respective time (that's what catalogs are for relating to if you check with me).

-- Maiya Kozey