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HALBAN

Perfect

anorexia
& me

Perfection was my disease ...
anorexia was my perfection

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Heather Coburn



Perfect Anorexia And Me By Emily Halban Ebook:

Perfect Emily Halban, 2008-09-04 Emily Halban developed anorexia in her final year at school. She went on to university at Oxford where her disease took on a powerful dimension and by her final year she was so debilitated that she had to sit her exams in a separate room where she could be fed continuously throughout each one. With heartbreaking candour and poignant intimacy Emily vividly chronicles the complexities and inner struggles of living with anorexia. Two years on she traces her disease from its elusive origins through its darkest moments of deprivation, guilt and self-loathing and finally recounts her journey towards recovery. Emily allows us to understand what it's really like to suffer from anorexia, exposing its secrets and dispelling some of the myths that shroud it. Alive with self-awareness but never self-pity, *Perfect* is an inspiring read that will help those battling with the horrors of anorexia find a way out and those on the outside to understand more.

The Perfect Imperfect Me! Heather Coburn, 2012-12 The *Perfect Imperfect Me* shares the struggles of up and coming tennis champion Heather Coburn with chronic anorexia and her journey to rebuild her self-esteem and finally achieve personal health and happiness with the help of her therapist.

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