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Brave Girl Eating: A Family's Struggle with Anorexia

Harriet Brown

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Brave Girl Eating: A Family's Struggle with Anorexia Harriet Brown

“One of the most up to date, relevant, and honest accounts of one family’s battle with the life threatening challenges of anorexia. Brown has masterfully woven science, history, and heart throughout this compelling and tender story.”
—Lynn S. Grefe, Chief Executive Officer, National Eating Disorders Association

“As a woman who once knew the grip of a life-controlling eating disorder, I held my breath reading Harriet Brown’s story. As a mother of daughters, I wept for her. Then cheered.”
—Joyce Maynard, author of *Labor Day*

In *Brave Girl Eating*, the chronicle of a family’s struggle with anorexia nervosa, journalist, professor, and author Harriet Brown recounts in mesmerizing and horrifying detail her daughter Kitty’s journey from near-starvation to renewed health. *Brave Girl Eating* is an intimate, shocking, compelling, and ultimately uplifting look at the ravages of a mental illness that affects more than 18 million Americans.

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