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This text is drawn from the pages of 18-year-old Lucy who is grappling with a deadly disorder. It provides insight into the world of the intelligent young lady as she attempts to claw herself back from the point of no return. With each journal entry, readers learn more about how anorexia and depression devastate Lucy's brain

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Biting Anorexia offers some very enlightening first-hand accounts, as well as hope for recovery and additional resources for those suffering from an ED and those caring for them. I found this inspiring and incredibly helpful in broadening my understanding of such disorders.

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