



## Brave Girl Eating: The Inspirational True Story of One Family's Battle with Anorexia

By Harriet Brown

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Brave Girl Eating: The Inspirational True Story of One Family's Battle with Anorexia, Harriet Brown, Millions of families are affected by eating disorders, which usually strike young women between the ages of fourteen and twenty. But current medical practice ties these families' hands when it comes to helping their children recover. Conventional medical wisdom dictates separating the patient from the family and insists that 'it's not about the food', even as a family watches a child waste away before their eyes. In BRAVE GIRL EATING Harriet Brown describes how her family, with the support of an open-minded paediatrician and a therapist, helped her daughter recover from anorexia using a family-based treatment developed at the Maudsley Hospital in London. Chronicling her daughter Kitty's illness from the earliest warning signs, through its terrifying progression, and on toward recovery, Brown takes us on one family's journey into the world of anorexia nervosa, where starvation threatened her daughter's body and mind. BRAVE GIRL EATING is essential reading for families and professionals alike, a guiding light for anyone who's coping with this devastating disease.



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### Reviews

*This publication might be well worth a read, and much better than other. It really is simplified but excitement inside the 50 % of the book. You will not feel monotony at whenever you want of the time (that's what catalogues are for concerning when you check with me).*

-- Imogene Bergstrom

*It in just one of my personal favorite book. I was able to comprehended every little thing out of this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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