



Feast or Famine

Karen McMillan

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A book of hope and inspiration for sufferers of eating disorders, and their families and friends. This indispensable book details the author's own story of battling anorexia when she was 18, as well as the personal stories of other sufferers of bulimia, anorexia and binge eating. There are interviews with specialists in the field and a comprehensive look at the current treatments. *Feast or Famine* discusses the risk factors that trigger these mental illnesses and how the beauty and fitness industries, advertising and media, propagate cultural ideas about thinness that often precipitate the development of eating problems. Written in a very accessible way, this is a very helpful book both to young people with eating disorders and their parents. It provides honest stories and practical information and advice.

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