



Hungry: A Mother and Daughter Fight Anorexia

Sheila Himmel, Lisa Himmel

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A unique eating-disorder memoir written by a mother and daughter.

Unbeknownst to food critic Sheila Himmel-as she reviewed exotic cuisines from bistro to brasserie- her daughter, Lisa, was at home starving herself. Before Sheila fully grasped what was happening, her fourteen-year-old with a thirst for life and a palate for the flavors of Vietnam and Afghanistan was replaced by a weight-obsessed, antisocial, hundredpound nineteen-year-old. From anorexia to bulimia and back again-many times-the Himmels feared for Lisa's life as her disorder took its toll on her physical and emotional well-being.

Hungry is the first memoir to connect eating disorders with a food-obsessed culture in a very personal way, following the stumbles, the heartbreaks, and even the funny moments as a mother-daughter relationship-and an entire family-struggles toward healing.

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Hungry: A Mother and Daughter Fight Anorexia can be one of your starter books that are good idea. We all recommend that straight away because this publication has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort that will put every word into pleasure arrangement in writing Hungry: A Mother and Daughter Fight Anorexia nevertheless doesn't forget the main position, giving the reader the hottest in addition to based confirm resource details that maybe you can be considered one of it. This great information can certainly drawn you into brand-new stage of crucial pondering.

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