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### **Biting Anorexia A Firsthand Account**

From the Publisher. n this searingly honest memoir, Biting Anorexia, law student and recovered anorexic Lucy Howard-Taylor tells the story of her descent into anorexia and major depression and her remarkable recovery.

### **Biting Anorexia: A Firsthand Account of an Internal War ...**

So begins Biting Anorexia, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery. Much of this unflinchingly candid memoir is ripped directly from the pages of author Lucy Howard-Taylor's My name is Lucy.

### **Biting Anorexia: A Firsthand Account of an Internal War by ...**

Biting Anorexia: A Firsthand Account of an Internal War. My name is Lucy. I am in recovery from anorexia nervosa and major depression, each of which almost killed me. So begins Biting Anorexia, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery.

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You don't get it 'right' all the time. You just have to do one thing, and it involves your mind and not calories consumed... to recover just remember her words - NEVER, NEVER, GIVE UP. Do that one thing and you WILL live. With anorexia there are 2 choices: RECOVER or DIE.

### **Amazon.com: Customer reviews: Biting Anorexia: A Firsthand ...**

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.

### **Book Review: Biting Anorexia by Lucy Howard-Taylor | Mboten**

Biting Anorexia A Firsthand Account of an Internal War by Lucy Howard-Taylor and Sharon Hodgson So begins Biting Anorexia, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery.

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### **Biting Anorexia | NewHarbinger.com**

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**Anorexia, Bulimia, and Compulsive overeating**

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