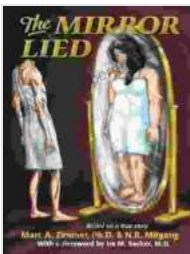


One Woman's 25-Year Struggle with Bulimia, Anorexia, Diet Pill Addiction, and Laxative Abuse

This book is a raw and honest account of one woman's 25-year struggle with eating disFree Downloads and addiction. It is a story of hope and recovery, and it will inspire anyone who is struggling with an eating disFree Download or addiction.



The Mirror Lied: One woman's 25-year struggle with bulimia, anorexia, diet pill addiction, laxative abuse and cutting by N.R. Mitgang

★★★★☆ 4 out of 5

Language	: English
File size	: 913 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 331 pages
Lending	: Enabled



The author, who wishes to remain anonymous, begins her story by describing her early childhood. She was a shy and insecure child, and she felt like she didn't fit in. She started dieting at the age of 12, and by the time she was 14, she had developed anorexia nervosa.

The author's anorexia quickly spiraled out of control. She became obsessed with her weight and her body image. She would starve herself for days at a time, and she would exercise compulsively. She also began to abuse diet pills and laxatives.

The author's eating disFree Download and addiction had a devastating impact on her life. She lost her job, her friends, and her family. She was hospitalized several times, and she nearly died on more than one occasion.

Finally, after 25 years of struggling, the author found recovery. She sought professional help, and she began to work on her underlying issues. She also found support from other people who were struggling with eating disFree Downloads and addiction.

The author's story is a powerful reminder that recovery is possible, even after years of struggle. It is a story of hope and inspiration, and it will give you the strength to overcome your eating disFree Download or addiction.

If you are struggling with an eating disFree Download or addiction, please know that you are not alone. There is help available, and you can recover.

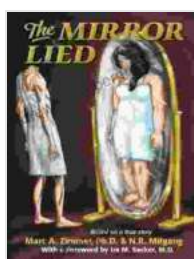
Here are some resources that can help you:

- National Eating DisFree Downloads Association: 1-800-931-2237
- National Association of Anorexia Nervosa and Associated DisFree Downloads: 1-847-831-3438
- National Drug and Alcohol Treatment Referral Routing Service: 1-800-662-HELP (4357)

You can also find support online at the following websites:

- National Eating DisFree Downloads Association:
<https://www.nationaleatingdisFree Downloads.org>
- National Association of Anorexia Nervosa and Associated DisFree Downloads: <https://www.anad.org>
- National Drug and Alcohol Treatment Referral Routing Service:
<https://www.samhsa.gov/find-help/national-helpline>

Remember, you are not alone. There is help available, and you can recover.



The Mirror Lied: One woman's 25-year struggle with bulimia, anorexia, diet pill addiction, laxative abuse and cutting by N.R. Mitgang

★★★★☆ 4 out of 5

Language : English
File size : 913 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 331 pages
Lending : Enabled





Unlock the Secrets to Nurturing Highly Successful Individuals: A Comprehensive Guide for Parents and Educators

In a rapidly evolving world where success is constantly redefined, it has become imperative for parents and educators to equip the next generation with the skills,...



The Fall of the Hellenistic Kingdoms 250-31 BC: A Captivating Journey Through the Decline and Fall of Ancient Empires

Unraveling the Enigmatic Decline of Ancient Empires Step into the captivating world of the Hellenistic Kingdoms and embark on a...