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I swear this book taught me how to be a better anorexic. This book is great if you want to be sick. I appreciate her honesty but, at time, it is too honest. I saw her speak at Harvard last Fall, which helped me come to terms with Wasted and Marya. She said that when she wrote Wasted, she was very sick and did not mean for it to be a guide for killing yourself. I wouldn't read this again.

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"Anorexia, bulimia signal a troubled body and soul" cried a headline in USA TODAY, the Nation's No. 1 Newspaper. These serious eating disorders plague people of all ages, but mostly adolescent girls.

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I ve never had anorexia, but I know it well. I see it on the street, in the gaunt and sunken face, the boney chest, the spindly arms of an emaciated woman.

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Many readers who know about the range of life-threatening medical consequences of anorexia will still be shaken by seeing the photographs and reading the wrenching captions of the actress when, weighing a mere 78 pounds, she collapsed and nearly died.

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Books on Eating Disorders Recovery Treatment

Many women struggle with anorexia, bulimia, and compulsive overeating, and this book is an inside out renovation combating the lies of the enemy with God s truth in scripture and the importance of understanding that our bodies are a temple of the Holy Spirit.

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