



## Sad Perfect (Hardback)

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By Stephanie Elliot

Farrar, Straus and Giroux (BYR), United States, 2017. Hardback. Condition: New. Language: English. Brand new Book. Sixteen-year-old Pea looks normal, but she has a secret: she has Avoidant/Restrictive Food Intake Disorder, which means she can't eat very much because nutritious foods frighten her. Having ARFID is like having a monster inside of her, one that dictates what she can eat, what she does and who she socializes with. This monster is growing and controlling more than just her food issues - it's causing anxiety, depression and thoughts that she doesn't want to have. When she falls crazy-mad in love with Ben, she hides her disorder from him, pretending that she's fine. At first, everything really does feel like it's getting better with him around, so she stops taking her anxiety and depression medication. And that's when the monster really takes over her life. Just as everything seems lost and hopeless, Pea finds in her family, best friend, and Ben the support and strength that she needs to learn that her eating disorder doesn't have to control her. SAD PERFECT is a heart-wrenching debut from Stephanie Elliot. A Margaret Ferguson Book.



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### Reviews

*Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.*

**-- Audra Klocko PhD**

*Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.*

**-- Germaine Welch**