



I m Gonna Freaking Recover.Am I?: A Personal Look Into One Woman s Recovery from an Eating Disorder and Depression

By Professor Sharon Cameron

iUniverse, United States, 2009. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Eating disorders, depression, and self-injury are often taboo topics in our culture-especially within the church. Sharon Cameron seeks to change that with I m Gonna Freaking Recover.Am I? During a four-year battle with anorexia and bulimia, Sharon faithfully journaled her thoughts, feelings, and daily struggles with self-starvation, bingeing, and purging in order to share her amazing, courageous journey. With raw honesty, Sharon challenges the common misconception that such issues do not exist among Christians or those who otherwise look together. Instead of masking perfection, Sharon presents herself as an example of someone who is truthful, real, and imperfect. She describes the early days of her disease and how she felt compelled to exercise continuously to keep her perfect figure for gymnastics class. As her bulimia and anorexia began to manifest itself after her graduation from high school, Sharon began to spiral downward into a maze of guilt, hopelessness, and pain. Yet despite it all, Sharon clung to her faith, and with the support of friends, family, and the medical community, she started healing. She documents her inpatient treatment,...



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