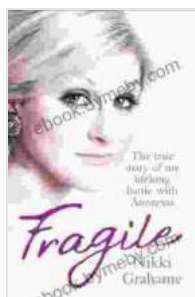


Fragile: The True Story of My Lifelong Battle with Anorexia

From the moment I was a little girl, I was obsessed with my weight. I would compare myself to other girls in my class and always feel like I was too fat. I started dieting when I was just 10 years old, and by the time I was 13, I had developed anorexia nervosa.



Fragile - The true story of my lifelong battle with anorexia by Nikki Grahame

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3253 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 338 pages
Recaps	: Included



Anorexia is a serious eating disorder that can lead to death. It is characterized by an intense fear of gaining weight, a distorted body image, and severe food restriction. I suffered from anorexia for many years, and it nearly destroyed my life.

I was hospitalized several times for anorexia, and I also spent time in a residential treatment center. I struggled with the disorder for

years, but I was finally able to recover with the help of therapy, medication, and support from my family and friends.

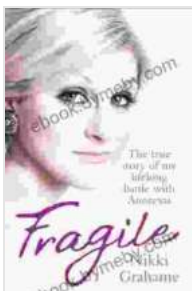
Writing *Fragile* was a cathartic experience for me. I wanted to share my story in the hopes of helping others who are struggling with eating disFree Downloads. I hope that my story will inspire others to seek help and to know that recovery is possible.

Fragile is a powerful and inspiring memoir about one woman's lifelong battle with anorexia. From her early struggles with body image to her years of recovery, *Fragile* is a story of hope, resilience, and the power of the human spirit.

If you or someone you know is struggling with an eating disFree Download, please reach out for help. There are many resources available, and recovery is possible.

Resources for Eating DisFree Downloads

- National Eating DisFree Downloads Association
- National Association of Anorexia Nervosa and Associated DisFree Downloads
- Renfrew Center for Eating DisFree Downloads

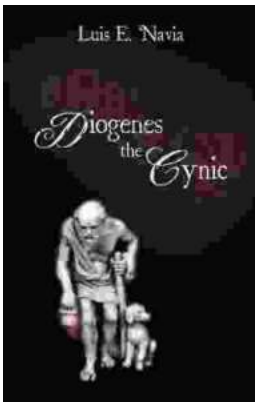


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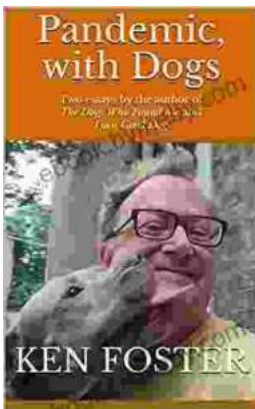
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