

<<Thin - A memoir Of A>>

图书基本信息

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作者：Grace Bowman

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内容概要

Bright, popular, pretty and successful, Grace Bowman had the world at her feet. So what drove her to starve herself nearly to death at the age of 18? And what, more importantly, made her stop? A grippingly honest account of life with anorexia nervosa, "A Shape of My Own" is Grace's heartbreaking, shocking and, finally, inspirational memoir. An extraordinary story, it is also a common one - is there a woman in the western world who has a normal relationship with food? It is a compulsive read, essential for anyone hoping to understand more about eating disorders and overcoming addiction. 作者简介：Grace Bowman was born in the city of Durham in 1977 . She studied English at Queens ' College , Cambridge , and now lives in North London . This is her first book .

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