



An Apple a Day: A Memoir of Love and Recovery from Anorexia

By Emma Woolf

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, An Apple a Day: A Memoir of Love and Recovery from Anorexia, Emma Woolf, I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat. Remember when Kate Moss said, 'Nothing tastes as good as skinny feels'? She's wrong: chocolate does. At the age of 32, after ten years of hiding from the truth, Emma Woolf finally decided it was time to face the biggest challenge of her life. Addicted to hunger, exercise and control, she was juggling a full-blown eating disorder with a successful career, functioning on an apple a day. Having met the man of her dreams (and wanting a future and a baby together), she embarked on the hardest struggle of all: to beat anorexia. It was time to start eating again, to regain her fertility and her curves, to throw out the size-zero clothes and face her food fears. And, as if that wasn't enough pressure, Emma took the decision to write about her progress in a weekly column for The Times. Honest, hard hitting and yet romantic, An Apple a Day is a manifesto for the modern generation to...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger