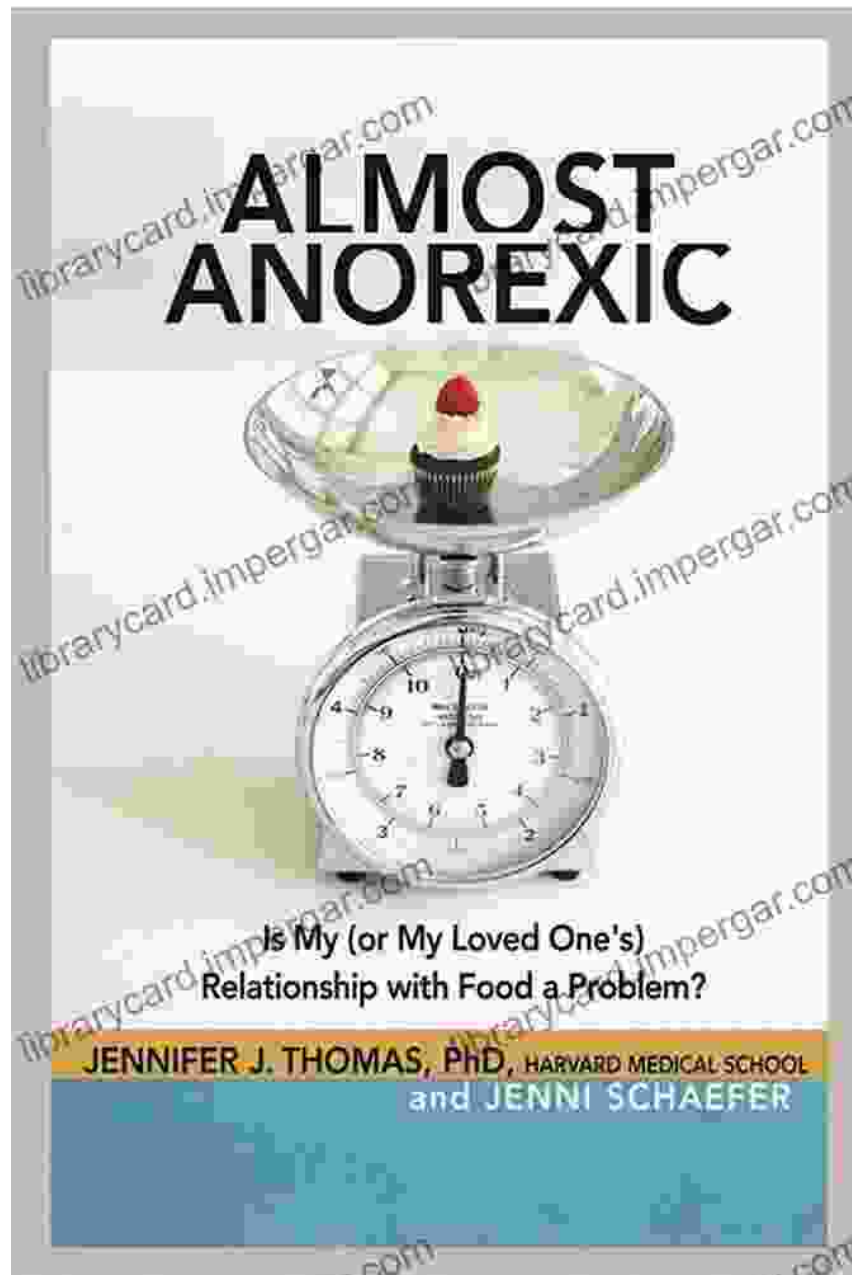


Anorexia Mon Amour: A Powerful and Disturbing Memoir of One Woman's Struggle with Eating Disorders



Anorexia mon amour: English Edition by Paula Sweet

★★★★☆ 4.6 out of 5

Language : English



File size	: 14780 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 50 pages



Anorexia Mon Amour is a memoir by Monique Truong, a Vietnamese-American writer. The book tells the story of her lifelong struggle with anorexia nervosa, an eating disorder that is characterized by an intense fear of gaining weight, severe food restriction, and a distorted body image.

Truong's memoir is a raw and honest account of her experiences with anorexia. She describes the physical and emotional toll that the disorder took on her, as well as the ways in which it affected her relationships with family and friends. She also discusses the challenges of recovery, and the ongoing work that it takes to maintain a healthy relationship with food and her body.

Anorexia Mon Amour is a powerful and disturbing memoir that offers a unique insight into the world of eating disorders. It is a must-read for anyone struggling with an eating disorder or who knows someone who is.

In her memoir, Truong explores the complex relationship between anorexia and her identity as a woman, a daughter, and an immigrant. She writes about the ways in which anorexia gave her a sense of control in a world that often felt chaotic and out of control. She also

writes about the ways in which anorexia isolated her from her loved ones and made it difficult for her to live a full and meaningful life.

Anorexia Mon Amour is a brave and unflinching memoir that sheds light on a complex and devastating disorder. It is a powerful reminder that eating disorders are not just about food, but about the deep-seated issues that can lead someone to self-destruct.

If you or someone you know is struggling with an eating disorder, please know that you are not alone. There is help available, and recovery is possible.

Here are some resources that can help:

- The National Eating Disorders Association (NEDA): 1-800-931-2237
- The Eating Disorders Coalition: 1-855-808-HOPE
- The National Suicide Prevention Lifeline: 1-800-273-8255

You can also find more information and support online at NEDA's website: <https://www.nationaleatingdisorders.org/>



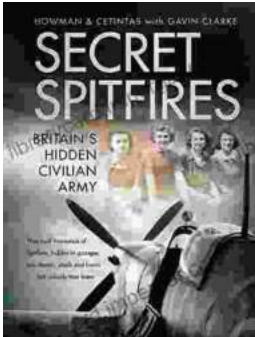
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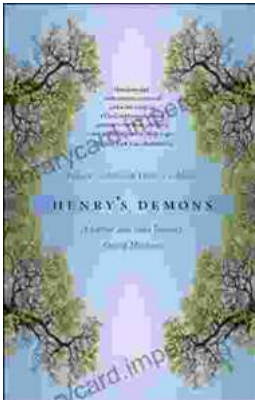
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