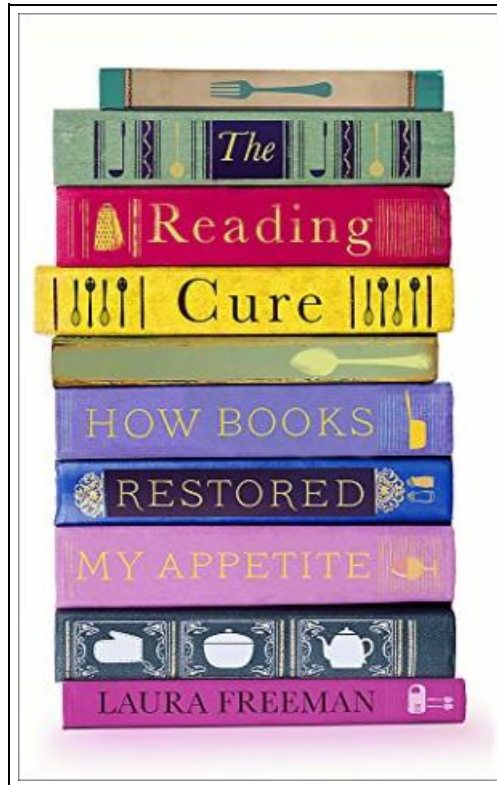


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THE READING CURE: HOW BOOKS RESTORED MY APPETITE (HARDBACK)



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Orion Publishing Co, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. At the age of fourteen, Laura Freeman was diagnosed with anorexia. She had seized the one aspect of her life that she seemed able to control, and struck different foods from her diet one by one until she was starving. But even at her lowest point, the one appetite she never lost was her love of reading. As Laura battled her anorexia, she gradually re-discovered how to enjoy food - and life more broadly - through literature. Plum puddings and pottles of fruit in Dickens gave her courage to try new dishes; the wounded Robert Graves appreciation of a pair of greengages changed the way she thought about plenty and choice; Virginia Woolf s painterly descriptions of bread, blackberries and biscuits were infinitely tempting. Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope.



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