



Starving in Search of Me: A Coming-Of-Age Story of Overcoming an Eating Disorder and Finding Self-Acceptance

By Marissa LaRocca

Blackstone Audiobooks, 2018. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. The true confessions of an eating disorders survivor This confessional self-help guide explores the complex emotional truth of what it's like when food, weight, and body image take priority over every other human impulse or action. Activist author Marissa LaRocca's revelatory tale includes her struggle with her secrets, including sexuality, and how she emerged as an outspoken advocate for gay rights and women's health issues. Many young women and girls struggle with the body image issues that engender eating disorders with elaborate rituals around food, bingeing, purging, and hiding it all while trying to maintain a face of normalcy to the world. Anorexia and bulimia have become major national health crises with skyrocketing statistics indicating that between three and five percent of the population suffer anorexia nervosa alone. Sadly, many never attain the sense of being normal and deal with a lifetime of body image and self-esteem issues. This intimate account of courage and the search for truth and meaning will have you rooting for Marissa LaRocca as she unravels the emotional layers of her own battle with food, body image, and sexuality. Readers of this riveting memoir,...



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