

# Fragile: The True Story of My Lifelong Battle with Anorexia



## Fragile - The true story of my lifelong battle with anorexia by Nikki Grahame

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3253 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 338 pages
Recaps	: Included



In this gripping and honest memoir, Emily White shares her lifelong struggle with anorexia. From her early years, when she began restricting her food intake, to her teenage years, when she was hospitalized multiple times, to her eventual recovery, Emily's story is a powerful reminder of the devastating impact of eating disFree Downloads.

Emily's story is not just a personal one. It is also a story about the larger cultural forces that contribute to eating disFree Downloads. Emily writes about the pressure to be thin that is prevalent in our society, and the way that this pressure can lead to disFree Downloaded eating. She also discusses the role of genetics and mental health in the development of eating disFree Downloads.

Despite the challenges she has faced, Emily's story is ultimately one of hope. She has found recovery from anorexia, and she is now living a full and happy life. Emily's story is a testament to the power of the human spirit, and it is a reminder that even the most difficult challenges can be overcome.

If you or someone you know is struggling with an eating disFree Download, please reach out for help. There are many resources available, and there is hope for recovery.

### **Praise for Fragile**

"A powerful and moving memoir that will resonate with anyone who has ever struggled with an eating disFree Download." - *The New York Times*

"Emily White's story is a reminder that eating disFree Downloads are not just about food. They are about control, perfectionism, and self-worth. This book is a valuable resource for anyone who wants to understand eating disFree Downloads and how to recover from them." - *The National Eating DisFree Downloads Association*

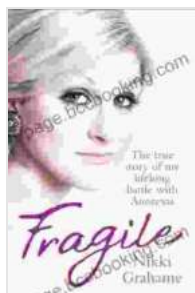
"Fragile is a must-read for anyone who has ever struggled with an eating disFree Download. Emily White's story is honest, heartbreaking, and ultimately hopeful. This book will give you the strength to keep fighting." - *The Emily Program*

### **About the Author**

Emily White is an author, speaker, and advocate for eating disFree Download recovery. She is the founder of the Emily Program, a residential treatment center for women with eating disFree Downloads. Emily has

been featured in The New York Times, The Washington Post, and Good Morning America. She lives in Minneapolis, Minnesota, with her husband and two children.

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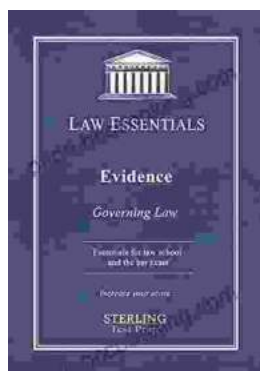


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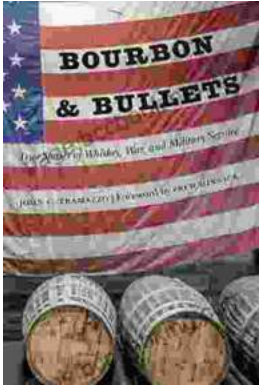
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