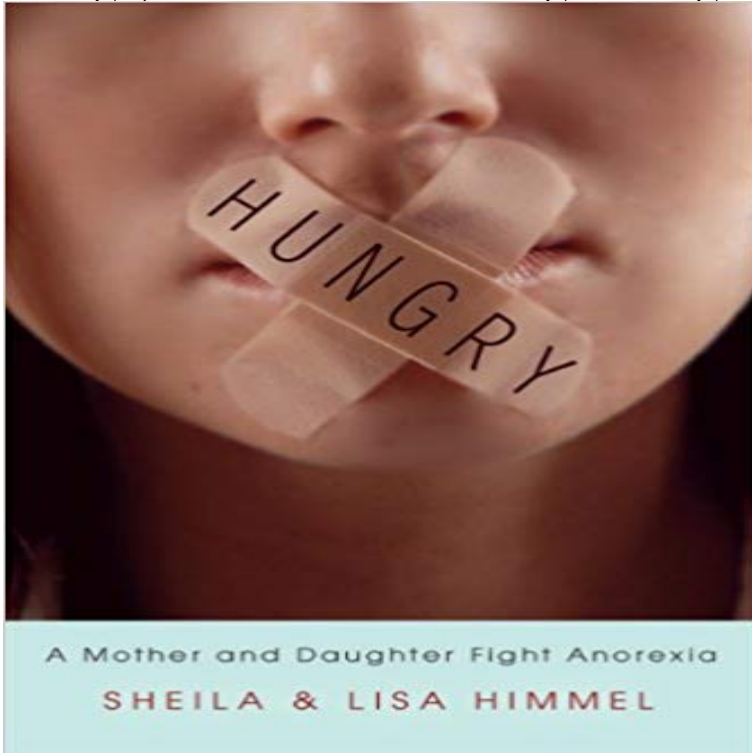


Hungry: A Mother and Daughter Fight Anorexia



A unique eating-disorder memoir written by a mother and daughter. Unbeknownst to food critic Sheila Himmel-as she reviewed exotic cuisines from bistro to brasserie- her daughter, Lisa, was at home starving herself. Before Sheila fully grasped what was happening, her fourteen-year-old with a thirst for life and a palate for the flavors of Vietnam and Afghanistan was replaced by a weight-obsessed, antisocial, hundredpound nineteen-year-old. From anorexia to bulimia and back again-many times-the Himmels feared for Lisas life as her disorder took its toll on her physical and emotional well-being. Hungry is the first memoir to connect eating disorders with a food-obsessed culture in a very personal way, following the stumbles, the heartbreaks, and even the funny moments as a mother-daughter relationship-and an entire family-struggles toward healing.

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