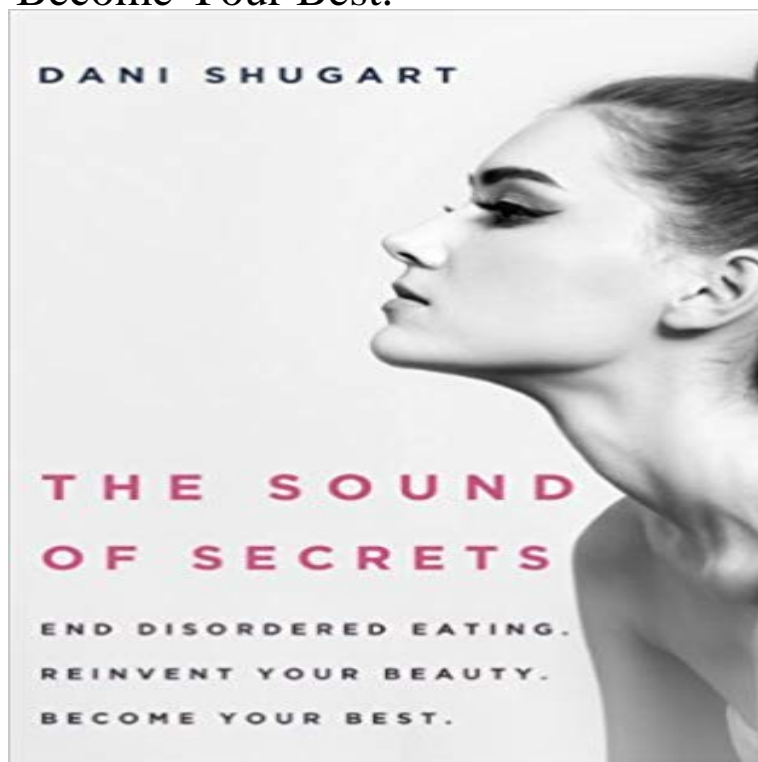


The Sound of Secrets: End Disordered Eating. Reinvent Your Beauty. Become Your Best.



End your broken relationship with food. The Sound of Secrets is a blend of self-help, memoir, and fitness advice that'll make you learn, laugh, and cry. In America, disordered eating is the new normal. You may never have an official eating disorder, but if you're a woman, you've likely struggled with some form of disordered eating in the past. You may be in the throes of that struggle right now. The Sound of Secrets tells a story of a small town girl who struggled with anorexia and bulimia for half her life. It will give you insight into the root causes of anorexia, bulimia, and binge eating disorder, along with lesser-known disordered eating patterns. It provides non-clinical solutions to help women nourish themselves, make the best choices, and uncover their strength and beauty. Regardless of your current dietary practices, you'll pick up real, practical advice on eating well.

PERSONAL NOTE FROM THE AUTHOR This book is an account of my sister's battle with anorexia, my own disordered eating battles, and what I've learned about women who fight with food. It provides the solutions that saved me from adopting the demons that killed my sister.

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