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Shell: One Woman s Final Year After a Lifelong Struggle with Anorexia and Bulimia (Paperback)

By Michelle Stewart

Lifetree Media, Canada, 2015. Paperback. Condition: New. Language: English . Brand New Book. Michelle Stewart always knew in her heart that her eating disorder would kill her. What she didn't expect in its early stages was that she would continue to function - albeit far from optimally - for decades before succumbing to its deadly effects. A conscientious and ambitious woman driven by a desire to make a positive difference in the world, Michelle went on to build a successful career first in journalism and then in communications for the British Columbia Ministry of Health. Michelle devoted her working life to raising awareness of healthcare issues, all the while hiding her own anorexia and bulimia from friends and colleagues. By the time she was 48 years old, more than thirty years of self-imposed starvation, bingeing and purging had ravaged her organs. In May 2013 she was diagnosed with end-stage renal failure and given only a few months to live. Determined to come out of the shadows and share her story while she still had the chance, Michelle began writing a very personal and revealing blog in which she chronicled her lifelong struggle with her eating disorder and her experiences...

Reviews

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