



Perfect: Anorexia and Me

By Emily Halban

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Perfect: Anorexia and Me, Emily Halban, Emily Halban developed anorexia in her final year at school. She went on to university at Oxford where her disease took on a powerful dimension and by her final year she was so debilitated that she had to sit her exams in a separate room where she could be fed continuously throughout each one. With heartbreaking candour and poignant intimacy, Emily vividly chronicles the complexities and inner struggles of living with anorexia. Two years on, she traces her disease from its elusive origins, through its darkest moments of deprivation, guilt and self-loathing, and finally recounts her journey towards recovery. Emily allows us to understand what it's really like to suffer from anorexia, exposing its secrets and dispelling some of the myths that shroud it. Alive with self-awareness, but never self-pity, "Perfect" is an inspiring read that will help those battling with the horrors of anorexia find a way out, and those on the outside to understand more.



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