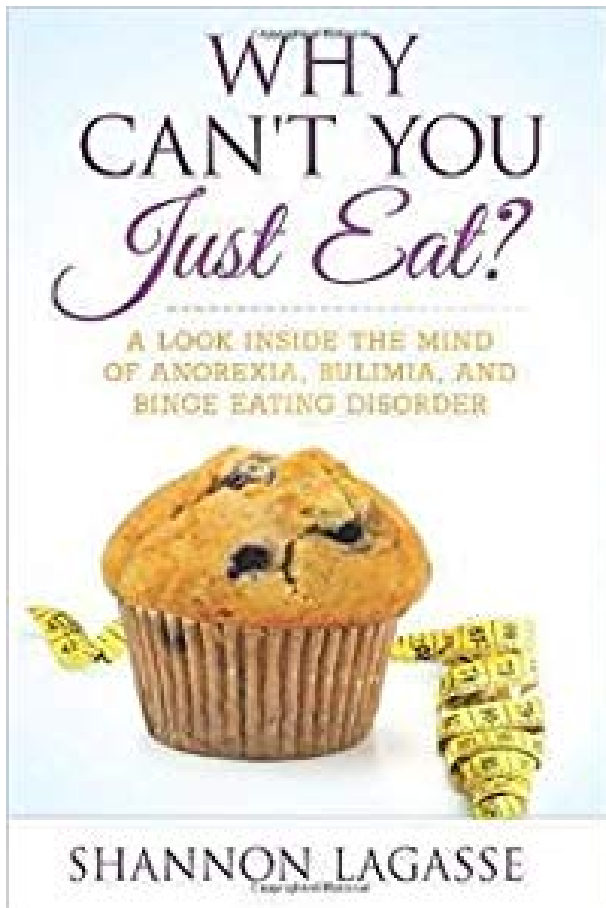


Why Can't You Just Eat?: A Look Inside the Mind of Anorexia, Bulimia, and Binge Eating Disorder



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[Why Can't You Just Eat?: A Look Inside the Mind of Anorexia, Bulimia, and Binge Eating Disorder.epub](#)

Shannon was an over-achieving high school student until her life was thrown completely off-track by a vicious eating disorder that no one saw coming. Through years of therapy, tears, dedication, and determination, Shannon and her family worked to overcome her life-threatening disorder and make the painful journey back to living a happy and healthy life. This groundbreaking book pulls back the curtains on what an eating disorder is like, not externally in habits and behaviors, but internally through thoughts and emotions. In these pages, Shannon will lead you deep into the heart and mind of anorexia, bulimia, binge eating disorder, body dysmorphia, and depression. If you've struggled to understand eating disorders (or to convey your own experience to others), this is for you. Grab your journal and a pack of tissues, and get ready for the read of your life as the journey that changed her life may change yours as well.