



Biting Anorexia: A Firsthand Account of an Internal War

Lucy Howard-Taylor

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My name is Lucy. I am in recovery from anorexia nervosa and major depression, each of which almost killed me.

So begins **Biting Anorexia**, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery. Much of this unflinchingly candid memoir is ripped directly from the pages of author Lucy Howard-Taylor's diary as she struggled with the torturous condition, offering a rare glimpse into the thoughts and fears that grip the minds of those struggling with anorexia, the most fatal of all psychiatric illnesses.

Tinged with a wicked sense of humor, Lucy's beautifully written, penetrating insights capture the overpowering anxiety that comes with anorexia and reveal the challenge of recovery. This courageous and compelling story will inspire and support those troubled with the condition, and their family and friends, the world over.

... a graphic yet poetic insight into the pain and suffering experienced by sufferers of eating disorders.
—Claire Vickery, CEO and founder of *The Butterfly Foundation*

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