



HUNGRY FOR LIFE

a memoir unlocking the truth
inside an anorexic mind

rachel richards

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**Hungry for Life: A Memoir Unlocking the Truth Inside an
Anorexic Mind**



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In this painfully moving memoir, take a firsthand look at anorexia through the eye of a girl. Actually in kindergarten, Rachel Richards knows something isn't constructed over the years. Restricting meals gives her the control she craves. What is the secret that may finally unleash her will to recuperate? By leading us through her distorted thoughts, she shines a light on the knowledge and mystery of mental illness. But after getting hospitalized and force-fed, Rachel only retreats additional into herself. With a driving perfectionism, she graduates college with honors. But at sixty-nine pounds, Rachel is a shell of anxious and obsessive behaviors which have controlled her life. Years of self-damage and self-loathing have fueled the internal battles between great and evil, health insurance and sickness, and life and death. Functioning on stage provides her moments of independence from the skewed perceptions the girl's not right. But her dream of a career in theater is not enough to save lots of her. As she grows up, struggling to comprehend or communicate her inner trauma, Rachel lashes out, hurting herself, running away from home, and fighting her family members. In the event that you or someone you know suffers from an eating disorder or is a concerned parent, is anxious about fat and dieting, comes with an addiction, or really wants to learn more about the mystery of how an eating disorder develops and the multifaceted and complex street to recovery, this reserve is a must-read!



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It lets you in to the brain of mental disease. Beginning at age group eight, Rachel finds that one matter she can control in her existence is food. It doesn't pull punches or make an effort to color this disease in a rosy light. It may make the complete process a little much less complicated and teach friends and family how to approach people going through this type of illness. I was shocked that she became an anorexic at such a young age. Instead, the huge and ongoing battle to control her excess weight, know how she should action in any scenario, and to be considered a effective actor in musical theatre can be bluntly and truthfully revealed. This book really opened my eye to why some people with anorexia don't eat, and how hard the struggle to overcome this issue is. I recommend this publication to anyone who may know somebody who they are worried about having anorexia, and I would recommend it to parents, specifically parents of girls who have a hard time fitting in at school and who might make the choice of controlling their food intake in order to have control over some region within their lives. Her story is heartbreaking and brave, frightening and triumphant. Rachel's reason for being anorexic had not been the current view of the perfect woman being extremely thin, but I really believe that is one of the reasons why many young ladies and young women becoming anorexic. I am hoping that if you possess daughters who are overly worried about their body size and excess weight, you will be able to have them help. An informative, timely, and important read... Rachel's accounts of her years-long have a problem with anorexia nervosa is both horrifying and hopeful. those people who are in their lives. Rachel is fairly succinct in her explanations of that which was going through her brain when her anorexia was developing, and her bid for control over a global that was perplexing and sometimes hostile towards her as she was growing up. Her story can be compelling, bold and totally relatable to all. Hungry for Life may be the interesting tale of a troubled child's evolution to a resolved youthful woman, and is not just for people who have a curiosity or queries about anorexia.. Many thanks, Rachel. Her climb out from the darkness was slow and painstaking...but I came across myself rooting on her behalf and feeling like I knew her. I felt so very sorry on her behalf and kept thinking about people I know that have this condition.actually, Rachel describes anorexia and her encounter with it in mostly bad terms--isolating, terrifying, and deadly.. But this memoir goes far beyond what current tendencies address. It is hard never to see some of myself in Rachel. Soul-Bearing Saga of A Girl's Struggle with Anorexia As a once chubby child who grew up being told one can hardly ever be too thin, this publication helped me to raised understand my own short bout with excessive dieting, and my continued desires for perfection. Ms. Couldn't put it straight down.. This book is essential reading for anyone who has experienced the disease, since it will not glorify it or try to romanticize it in any way. The research section by the end of the book is also extremely interesting. Definitely a

suggested read. Compelling Hungry For Lifestyle is a very compelling read. In the current "Foodie- culture culture, it is hard to not be at least just a little meals centered.. The reserve is mostly gloom and doom and when she finally gets her content ending she doesn't actually describe or elaborate on anything. Although my trip will take me in the opposite direction which has lead to life long morbid weight problems, the triggers and emotions are actually the same. I cannot recommend this book extremely enough to whoever has any kind of issue with meals and control. It's like she just quickly wished to end the book. Told with searing honesty and brave insight, it dispels the myth of anorexia getting the result of adolescent dieting "gone too much," or a teenager's attempt to appear to be a supermodel. Pursuing Rachel's story was helpful and it was surprising to observe how lots of the same traits I possessed as a child while battling an consuming disorder... She has repulsive personal habits, she has a repulsive mental lifestyle. Once she began developing up and became even more aware of herself there were moments when I put the book down and sat in noiseless reflection. She has a means of articulating certain things that provoked 'Aha' occasions in me and I really appreciated that. It illicited feelings of solidarity and eliminated me from a certain loneliness that I hadn't recognized was there. very sad. There have been occasions where I struggled wanting to read it but you can find gems within it. A really candid account This book was a page turner for me. I identified with therefore much of it. Worth the Read When I started reading this reserve I was extremely annoyed with the lead, I felt she was incredibly whiny and wasn't sure easily would be able to make it through an entire book of that. Anyone who may understand someone with an consuming disorder should read this and learn through her personal accounts and insights. Throughout this tale of starvation, intervention, relapse, and attempted recovery, Rachel's story will draw at your heartstrings. Ended abruptly Not my favorite. Seriously? I'm supposed to feel sympathy for this nasty spoiled self-absorbed narcissistic brat? She doesn't like getting bullied so she goes house to bully her family members?but I did so and I am glad I did so. A must go through!.. She spends all her period studying to compensate for a lack of real intelligence. I'm supposed to feel sympathy for this person who is definitely passionate and enjoys areas of her lifestyle? I'd never have been permitted to wallow in so much self pity. Seriously? Rachel is constantly pessimistic. This story really speaks to those of us who have been obsessed with food from as far back as our storage exists. This book is crucial read, both for sufferers & Very sad but interesting A sad story about a horrible disease.Heartbreaking tale of one woman's battle This book is a story of 1 woman's experience with anorexia. Allows you to understand a few of the torture this disease causes. Sad plot but candid I actually didn't know what to anticipate as this story unfolded nonetheless it was wonderful to start to see the ending. Eating disorders are too often

hidden which brave author did most of us a great service when you are so open up . I appreciated this book. Very sad story but still had a happy ending. I love autobiographies, which one is excellent, especially if you or anyone you love is suffering from this confounding and heartbreaking illness. It's hard to understand fully but this publication helped a lot..sharing your tale was brave and serves to shed much-needed light on this misunderstood affliction.This book will really open your eyes to the problem with anorexia. I loved every word! Inspiring and great read A inspirational read about an agonizing struggle of a female. Richards bares her soul, detailing the not-so-pretty details of her long struggle with anorexia, and her emotional and physical battle to move her lifestyle away from the clutches of the condition. Very well written. It's a testimony to the human spirit.



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