

# INK <sup>IN</sup> WATER

*an illustrated memoir*



...or, how I kicked  
anorexia's ass & embraced  
**BODY POSITIVITY!**

**LACY J. DAVIS**

**JIM KETTNER**

Lacy J. Davis

# Ink in Water: An Illustrated Memoir (Or, How I Kicked Anorexia's Ass and Embraced Body Positivity)



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.Liz Prince, author of *Tomboy*” —A remarkably essential, extremely relatable memoir about understanding how to love the hardest person of all: yourself. Compelling, funny, occasionally heartbreaking, and full of genuine hope with techniques that most graphic memoirs never achieve artistically.” At the demand of her last actual friend, she starts going to a twelve-stage Overeaters Anonymous course, and then find that it conflicts with her punk feminist ideology. Don’ . —“t miss this one. Library Journal Starred Review Simultaneously punk rock and poignant, *Ink in Water* may be the visceral and groundbreaking graphic memoir of a young female’s devastating have a problem with negative body picture and taking in disorders, and how she rose over her have destructive behaviors and feelings of inadequacy to live a existence of power and empowerment. As a artist surviving in Portland, Lacy Davis’s eating disorder began with the germ of a concept: a seed of a thought that informed her she just wasn’ This is the true story of Lacy’ And like ink in water, that idea spread until it reached every part of her becoming. t sufficient. s journey into the self-destructive world of multiple taking in disorders. It begins with a and positive Lacy, trying to grapple with our culture’s body-image obsession and stay true to her riot grrrl roots. Even though she initially succeeds in overcoming a nagging rumination about her body, a breakup with a recovering addict begins her on a collision training course with anorexia, health meals obsession, and compulsive workout addiction.. Blending bold humor, a healthy dose of self-deprecation, vulnerability, literary storytelling, and dynamic and provocative artwork by illustrator Jim Kettner, *Ink in Water* is an unflinching, brutally honest look into the author’s brain: how she learned to manage her damaging thoughts, redirect her perfectionism from self-destructive behaviors into composing and art, and how she committed herself to a lifestyle of health, power, and nourishment.



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