

# *The Rustle of a Wing*

FINDING HOPE BEYOND ANOREXIA



SOPHIA GORE

# Online Rustle Wing Finding Anorexia Library

**Sophia Gore**

## Online Rustle Wing Finding Anorexia Library:

**Forthcoming Books** Rose Arny,1999-08 *The Rustle of a Wing* Sophia Gore,2015-01-12 Sophia Gore was thirteen years old when she began starving herself She had no idea that nearly two decades later she would still be living with anorexia This book is a true account of the grim realities of chronic anorexia nervosa and the destruction it causes providing painful home truths about the way that we as a society deal with this most challenging of conditions Describing years in and out of hospital wards and treatment centres willingly and unwillingly at times being force fed and physically restrained the author makes an impassioned plea for treatment that recognises the person behind the disease The author argues that more support is needed for families caring for the sufferer and that professionals working with eating disorders should broaden their approach so that they may be better equipped to help their patients At heart this book is written for all those who are living with an eating disorder by one who has come to the end of the line in the hope that it may help them to confront their illness before it is too late **Popular Mechanics** ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

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