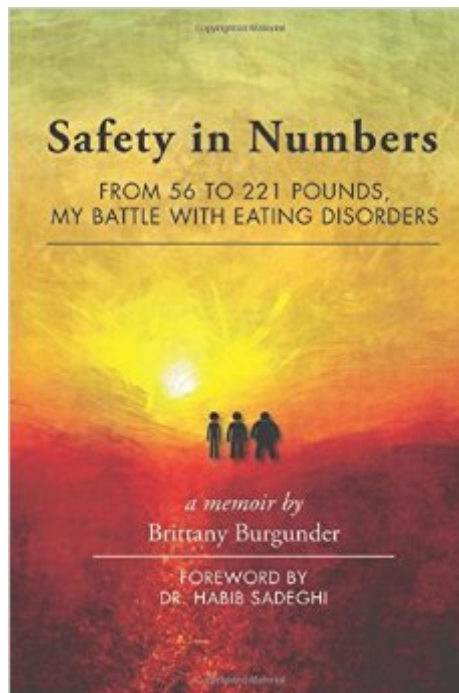


The book was found

Safety In Numbers: From 56 To 221 Pounds, My Battle With Eating Disorders -- A Memoir



Synopsis

Imagine struggling with anorexia for seven years and finding yourself in the hospital weighing 56 pounds at 20 years old. Your parents are planning your funeral, and you are given little chance to live. Fast-forward one year. You are now 221 pounds and obese. Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders is Brittany Burgunder's raw and captivating memoir of her 10-year battle with three forms of severe eating disorders -- anorexia, binge eating, and bulimia. Taken from her extensive journals, she shares her uncensored and disturbing story of fear, sadness, chaos, disbelief, and darkness. In the end, though, her first-person account gives a message of hope and triumph. Safety in Numbers is a brutally honest and unique account highlighting a profound struggle at both ends of the weight spectrum with eating disorders. Brittany's battle shows that a happy and healthy life is possible no matter how hopeless the situation may seem. It provides a firsthand look into an unthinkable journey that will mesmerize, move, and inspire readers. Ultimately, it is a story of survival and strength -- no matter what the struggle.

Book Information

Paperback: 450 pages

Publisher: Wheatmark (February 15, 2016)

Language: English

ISBN-10: 1627873228

ISBN-13: 978-1627873222

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (65 customer reviews)

Best Sellers Rank: #79,502 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #3160 in Books > Biographies & Memoirs > Memoirs #8846 in Books > Self-Help

Customer Reviews

This is one of the most powerful books I've ever read. I have read many eating disorder related books and memoirs throughout my own recovery process and I can honestly say that this book has been the most touching. It affected me the most. It was hard for me to read at times, especially when I was able to relate. Other times it was hard to read because it made me so sad, like I wanted to grab that girl and tell her "you are so beautiful, you are loved! You are worth more than a

number". This story is gripping. It is raw and it's real. It is a book that you won't want to put down, especially because there is a happy ending! While reading this I was contemplating going back to treatment for my own eating disorder. Upon finishing the book I had made up my mind. The last chapter (in fact the whole book) spoke to me in so many ways. But in that last chapter, Brittany compares the recovery process to climbing up a mountain. The mountain is so high that by the halfway mark you just want to give up. You might stumble, and at that point you really just want to tumble down. However you can see the top of the mountain in the distance and you know that you can get to that point. So you stand up and you keep going. You trudge forward. The journey up that mountain might be slow, and surely it will be painful. There will be bumps in the road. After reading about that mountain I realized that I was stuck in the middle. I was stumbling more than I was climbing and it was only a matter of time before I would have given up. Two weeks after finishing this book I entered a day treatment program. I am still in treatment and I have made so much progress. I am now climbing my mountain. It hasn't been easy. It's the hardest thing I've ever done. It's been painful and it's been rocky.

[Download to continue reading...](#)

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) Trauma, Dissociation, And Impulse Dyscontrol In Eating Disorders (Brunner/Mazel Eating Disorders Monograph Series) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) IEC 61511-3 Ed. 1.0 b:2004, Functional safety - Safety instrumented systems for the process industry sector - Part 3: Guidance for the determination of the required safety integrity levels Articulation and Phonological Disorders: Speech Sound Disorders in Children (7th Edition) (Allyn & Bacon Communication Sciences and Disorders) Adult Incontinence: Pelvic cures - A Guide to delay incontinence onset, home remedies to improve urinary retention (Disorders that affect daily living, ... disorders, urinary disorders Book 1) VEGAN: Your Body, Your Friend: The Answer to Permanently Becoming Slim, Healthy, and Happy (Clean Eating, Cure Eating

Disorders, incl. Vegan Recipes) (Vegan ... & Healing Based on Scientific Research) Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Scientific American, September 1969, Acoustical Holography, 1969, Scientific American, Volume 221, Number 4. OPERATOR'S MANUAL GRENADE LAUNCHER, 40-MM: M203, GRENADE LAUNCHER, 40-MM: M203A1, TM 9-1010-221-10 The Hunting & Gathering Survival Manual: 221 Primitive & Wilderness Survival Skills Picture of Me: Who I Am in 221 Questions

[Dmca](#)