



# Diary of an Eating Disorder: A Mother and Daughter Share Their Healing Journey

*Chelsea Smith, Beverly Runyon*

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**Diary of an Eating Disorder: A Mother and Daughter Share Their Healing Journey** Chelsea Smith, Beverly Runyon

In *Diary of an Eating Disorder*, Chelsea Smith bravely comes forward with a day-to-day account of her life with an eating disorder. This book provides enlightening insights into the mind of a person affected with anorexia and bulimia.

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