



# The Rustle of a Wing: Finding Hope Beyond Anorexia (The Karnac Library)

*Sophia Gore*

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## **The Rustle of a Wing: Finding Hope Beyond Anorexia (The Karnac Library) Sophia Gore**

'That's the catch when you stop eating - food starts to eat you.' 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.



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