



## Perfect: Anorexia and Me

By *Emily Halban*

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### Perfect: Anorexia and Me By Emily Halban

Emily Halban developed anorexia in her final year of high school. She went on to college at an Ivy League school where her disease took on a powerful dimension. By her final year she was so debilitated that she had to take her exams in a separate room where she could be fed continuously. With heartbreaking candor and poignant intimacy, Emily vividly chronicles the complexities and inner struggles of living with anorexia. She traces her disease from its elusive origins, through its darkest moments of deprivation, guilt, and self-loathing. As she recounts her journey towards recovery, Emily draws us into her raw experience of anorexia, exposing its secrets and dispelling some of the myths that shroud it. Beautifully written and alive with self-awareness, but never self-pity, this inspiring read will offer those battling with this all-consuming disease a glimpse of perspective and hope, and help those on the outside to understand more.

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## **Editorial Review**

### Review

"...allows a glimpse into the mindset of an anorexic" Glamour "A brave, brilliant and beautifully written memoir" -- Vicki Edgson "Compelling" Easy Living "There have been many books on the subject of anorexia but this is the first that I have read that both moved me to tears AND gave me the tools to help anyone around me who might suffer from this consuming demon. This book will give hope and help to both sufferers of anorexia and, just as importantly, those who are close to them. A brilliant read and a great, great help." -- Susie Forbes (Editor) Easy Living

### About the Author

Emily Halban graduated from Oxford University in 2004.

## **Users Review**

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#### **Joshua Shaw:**

Here thing why that Perfect: Anorexia and Me are different and trusted to be yours. First of all studying a book is good but it really depends in the content of computer which is the content is as scrumptious as food or not. Perfect: Anorexia and Me giving you information deeper and different ways, you can find any e-book out there but there is no e-book that similar with Perfect: Anorexia and Me. It gives you thrill looking at journey, its open up your eyes about the thing which happened in the world which is maybe can be happened around you. It is easy to bring everywhere like in park your car, café, or even in your approach home by train. For anyone who is having difficulties in bringing the branded book maybe the form of Perfect: Anorexia and Me in e-book can be your alternate.

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