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by eating disorders (whether as a sufferer or carer), anyone interested in health and social issues – and for medical and health professionals.

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An Apple a Day: A Memoir of Love and Recovery from Anorexia. A true story of falling in love and overcoming anorexia. At the age of 32, after ten years of hiding from the truth, Emma Woolf finally decided it was time to face the biggest challenge of her life.

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from the heart, An Apple a Day is a manifesto for the modern generation to stop starving and start living. “ In this heartfelt look at the causes of her eating disorder, Woolf emphatically states that her anorexia was not the result of striving to look good based on unrealistic media images but

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rather a mental illness based on her need for control . . .

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AN APPLE A DAY: A MEMOIR OF LOVE AND RECOVERY FROM ANOREXIA BY EMMA WOOLF (Summersdale £8.99)

By Jane Shilling for MailOnline.

Published: 13:34 EDT, 3 May 2012 |

Updated: 12:54 EDT, 4 May 2012 ...

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Malcolm Turnbull turned his poison pen on Alan Tudge ...

Obama admits that he would sometimes smoke eight or nine or ten

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cigarettes a day and look for a
'discreet location to grab an evening
smoke,' in the memoir, a copy of
which was obtained by CNN.

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