

Starving In Search Of Me A Coming Of Age Story Of Overcoming An Eating Disorder And Finding Self Acceptance

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'Starving In Search of Me is a true companion piece for anyone who has ever struggled with food or themselves. Marissa dives deep into the emotional layers we all struggle with and offers readers a compassionate voice and the opportunity to simply be themselves.' -Lindsey Smith, award-winning author of Food Guilt No More

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Starving In Search of Me: A Coming-of-Age Story of ...

Starving in Search of Me resolves with hope and an abundance of insights, tools, and resources to support eating disorder sufferers and members of the LGBTQ community alike. It's a head-on journey toward total self-acceptance that will nourish the spirit and inspire readers to embrace their differences and nurture their authentic selves.

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Starving in Search of Me takes the reader on a journey through darkness, to a present focus, to enlightenment by sincerely desiring change, by recognizing established patterns of behavior, and by surrendering to that place of trust within ourselves where true healing comes from -our hearts.

Amazon.com: Customer reviews: Starving In Search of Me: A ...

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