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# My Journey From Obese to Anorexic and Back

*A.E Wilson*

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# My Journey From Obese to Anorexic and Back

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**My Journey From Obese to Anorexic and Back** A.E Wilson
In one girl’s quest to achieve perfection, she sacrificed her health to fit today’s standards of beauty. This book chronicles one young woman’s journey from being obese, to being anorexic and back. Her honest disclosure of what’s it like to have an eating disorder will help you understand what goes on in the mind of an anorexic person, and her triumph over the eating disorder will have you cheering her on. If you are suffering from anorexia nervosa or know someone who has it, this book is a must-read for you.

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