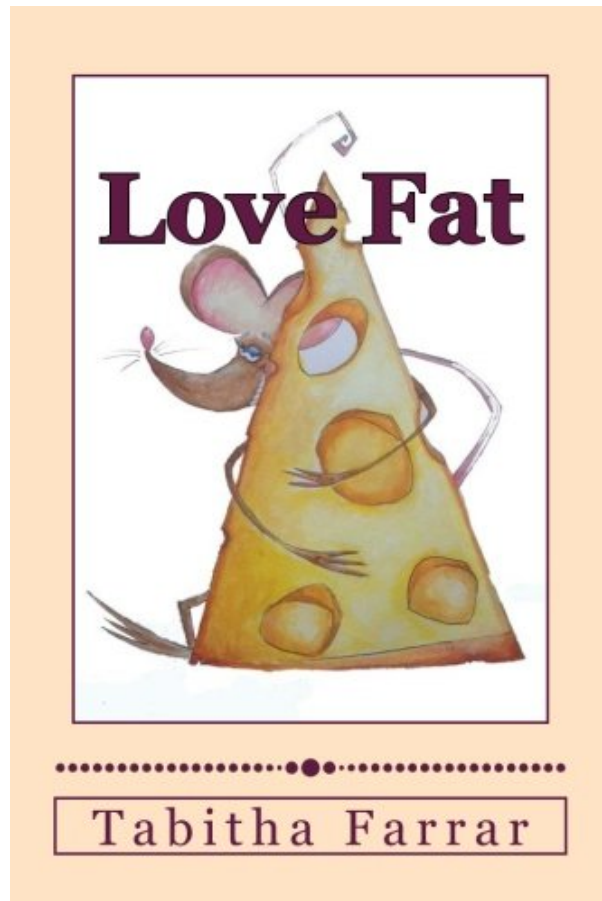
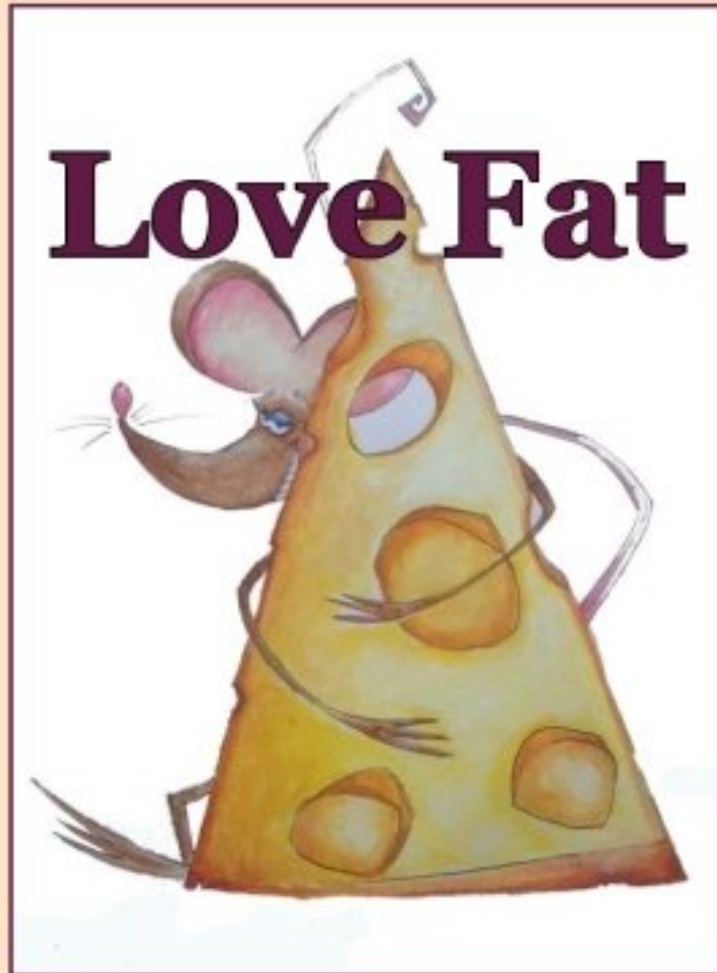


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About the Author

I write and podcast about eating disorder recovery for adults at tabithafarrar.com. There you can find resources on recovery and information on eating disorders. I have a eating disorder recovery podcast and on my site there are free resources such as my eating disorder recovery kit for adults. The information in my book, Love Fat, and on my website relevant for both adult sufferers and parents/spouses/loved ones of sufferers of any age who want to understand eating disorders such as Anorexia Nervosa, Bulimia Nervosa, and Binge eating Disorder. I also talk about other eating disorder behaviours such as excessive exercise and rigid thought patterns. I am also an avid advocate for eating disorder understanding and evidence-based treatments such as Family Based Therapy. When I am not an advocate for the proper understanding and treatment of eating disorders, I am the Chief Marketing Officer for a tech startup in Boulder, Colorado — that's important as ten years ago I was nothing but a complete mess. A great career is just one of the side effects of overcoming my eating disorder. My wonderful relationship with my husband and family is another. What else do I do now? Well, in my spare time I write, train horses at a local horse rescue, teach yoga, advocate for and podcast about eating disorders. Find me on Twitter @Love_Fat_. Or visit my website tabithafarrar.com I have a typically cynical British sense of humor, which often gets me into bother often now that I live in the United States. Watch out for that in my book! I write and podcast about eating disorder recovery for adults. I focus on adults because I was 17 at age of onset of Anorexia, and I didn't begin my recovery journey until I was 25. This information here, however, is also helpful for parents of sufferers of any age, spouse or partners of adult sufferers, and friends/loved ones because it will help you understand what an eating disorder really is and how it affects the sufferers behaviour. I write and podcast about eating disorder recovery for adults. I focus on adults because I was 17 at age of onset of Anorexia, and I didn't begin my recovery journey until I was 25. Eating Disorder Recovery Website: tabithafarrar.com Eating Disorder Recovery Podcast: <https://itunes.apple.com/us/podcast/eating-disorder-recovery-podcast/id1138563928?mt=2>

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Tabitha Farrar became ill with anorexia at seventeen. She describes her ten year struggle with the disease and dispels many myths about eating disorders. As an adult with an eating disorder she describes her struggles finding treatment and how she overcame these to make a full recovery. During her recovery, she felt bombarded with all sorts of conflicting advice on food and diet. An avid researcher, she became obsessed with nutritional science and "healthy" eating. Despite all the literature that informed her she was eating the right things, her body rebelled against her low-fat diet and ultra-healthy eating plans. Stuck in a battle between her head and her gut, who would have ever thought that she would learn to Love Fat.

- Sales Rank: #529696 in Books
- Published on: 2015-06-05
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .60" w x 6.00" l, .77 pounds
- Binding: Paperback
- 262 pages

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This is very good insight into eating disorder patient world

By Pamela Inglese

This is very good insight into eating disorder patient world, & their self-absorbed habits that go on and on until admission to say I need professional help. On key pages, I made notes about what was key to her moving on to better health. Being safe to get help. Not all is spelt out because anorexia is very complicated. Proofing it's very realistic. Buy it . Especially, for pyschiatrists and parents of eating disorder child.

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