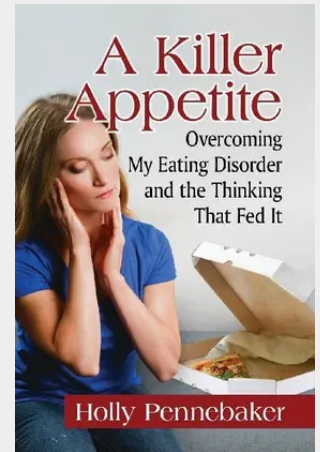


A Killer Appetite

Overcoming My Eating Disorder and the Thinking That Fed It

In the middle of a paralyzing panic attack, 34-year-old Holly Pennebaker made the call that would ultimately save her life. She realized that her eating disorder had consumed her life for the previous 15 years and made the decision to get help and enter a rigorous treatment program. Holly documented the 19-day program in real time, writing about it in an authentic, raw form. This memoir chronicles the author's experience with disordered eating, anxiety and other mental illness from the onset of her major panic attack through the weeks following her completion of the treatment program. By candidly recounting her own journey, Holly explores struggle, hope and self-acceptance.

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