

## An Apple A Day Memoir Of Love And Recovery From Anorexia Emma Woolf

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### An Apple A Day Memoir

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An Apple a Day: A Memoir of Love and Recovery from Anorexia. by. Emma Woolf. 3.57 · Rating details · 962 ratings · 97 reviews. 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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Honest, hard-hitting and yet romantic, An Apple a Day is a manifesto for the modern generation to stop starving and start living. This compelling, life-affirming true story is essential reading for anyone affected by eating disorders (whether as a sufferer or ally), anyone interested in health and social issues – and for medical and health professionals.

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### An Apple a Day < Soft Skull Press

Preview — An Apple a Day by Emma Woolf. An Apple a Day Quotes Showing 1-8 of 8. “The notion that life could be any different - that it could be better - becomes inconceivable. You forget how good it was to be normal.

### An Apple a Day Quotes by Emma Woolf - Goodreads

'An Apple a Day tells a powerful story, heart warming and heart rending by turns. It is ultimately a story filled with hope, and Emma Woolf's moving, deeply personal account of her journey out of anorexia will bring that hope to so many more people trapped by this dreadful illness.' (Susan Ringwood (Chief Executive, Beat))

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### An Apple a Day: A Memoir of Love and Recovery from ...

An apple a day : a memoir of love and recovery from anorexia. [Emma Woolf] -- I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat. Remember when Kate Moss said, 'Nothing tastes as good as skinny feels'?

### An apple a day : a memoir of love and recovery from ...

She was a co-presenter on Channel 4's *Supersize vs Superskinny*; other media appearances include *Newsnight*, *Woman's Hour* and *Radio 4's Four Thought*. Emma's first book, *An Apple a Day: A Memoir of Love and Recovery from Anorexia* was published in 2012 and shortlisted for the *Beat Award for Recovery Inspiration*.

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