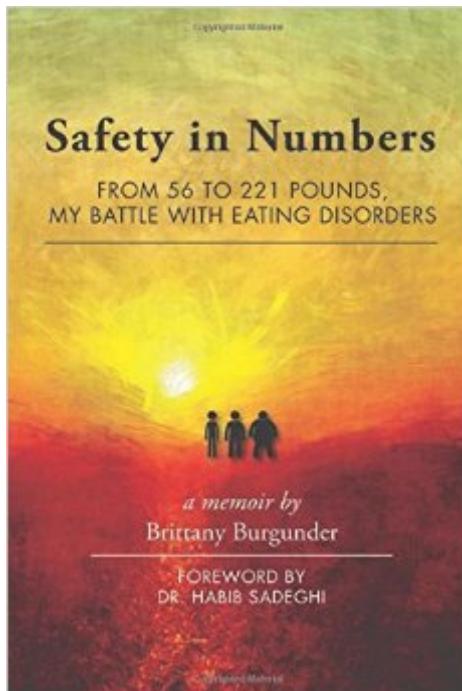


[The book was found](#)

Safety In Numbers: From 56 To 221 Pounds, My Battle With Eating Disorders -- A Memoir



Synopsis

Imagine struggling with anorexia for seven years and finding yourself in the hospital weighing 56 pounds at 20 years old. Your parents are planning your funeral, and you are given little chance to live.Â Fast-forward one year. You are now 221 pounds and obese.Â Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders is Brittany Burgunder's raw and captivating memoir of her 10-year battle with three forms of severe eating disorders -- anorexia, binge eating, and bulimia. Taken from her extensive journals, she shares her uncensored and disturbing story of fear, sadness, chaos, disbelief, and darkness. In the end, though, her first-person account gives a message of hope and triumph.Â Safety in Numbers is a brutally honest and unique account highlighting a profound struggle at both ends of the weight spectrum with eating disorders. Brittany's battle shows that a happy and healthy life is possible no matter how hopeless the situation may seem. It provides a firsthand look into an unthinkable journey that will mesmerize, move, and inspire readers. Ultimately, it is a story of survival and strength -- no matter what the struggle.

Book Information

Paperback: 450 pages

Publisher: Wheatmark (February 15, 2016)

Language: English

ISBN-10: 1627873228

ISBN-13: 978-1627873222

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (65 customer reviews)

Best Sellers Rank: #79,502 in Books (See Top 100 in Books) #102 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #3160 inÂ Books > Biographies & Memoirs > Memoirs #8846 inÂ Books > Self-Help

Customer Reviews

This is one of the most powerful books I've ever read. I have read many eating disorder related books and memoirs throughout my own recovery process and I can honestly say that this book has been the most touching. It affected me the most. It was hard for me to read at times, especially when I was able to relate. Other times it was hard to read because it made me so sad, like I wanted to grab that girl and tell her "you are so beautiful, you are loved! You are worth more than a

number". This story is gripping. It is raw and it's real. It is a book that you won't want to put down, especially because there is a happy ending! While reading this I was contemplating going back to treatment for my own eating disorder. Upon finishing the book I had made up my mind. The last chapter (in fact the whole book) spoke to me in so many ways. But in that last chapter, Brittany compares the recovery process to climbing up a mountain. The mountain is so high that by the halfway mark you just want to give up. You might stumble, and at that point you really just want to tumble down. However you can see the top of the mountain in the distance and you know that you can get to that point. So you stand up and you keep going. You trudge forward. The journey up that mountain might be slow, and surely it will be painful. There will be bumps in the road. After reading about that mountain I realized that I was stuck in the middle. I was stumbling more than I was climbing and it was only a matter of time before I would have given up. Two weeks after finishing this book I entered a day treatment program. I am still in treatment and I have made so much progress. I am now climbing my mountain. It hasn't been easy. It's the hardest thing I've ever done. It's been painful and it's been rocky.

[Download to continue reading...](#)

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight Loss, Eat Clean Diet Book LOTTERY NUMBERS: 7 Numbers That WIN Most Often Adult Incontinence: Pelvic Cures - A Guide to Delay Incontinence Onset, Home Remedies to Improve Urinary Retention (Disorders that Affect Daily Living, ... Disorders, Urinary Disorders Book 1) McGraw-Hill's National Electrical Safety Code 2017 Handbook (McGraw Hill's National Electrical Safety Code Handbook) Zero Belly Smoothies: Lose Up to 16 Pounds in 14 Days and Sip Your Way to A Lean & Healthy You! Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Natalie Jill's 7-Day Jump Start: Unprocess Your Diet with Super Easy Recipes; Lose Up to 5-7 Pounds the First Week! Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1) Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) The Wild Diet: Go Beyond Paleo to Burn Fat, Beat Cravings, and Drop 20 Pounds in 40 Days The

Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!: Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet for Rapid Weight Loss: Lose Up to 30 Pounds in 30 Days Atkins Diet: Foundational Steps to Shave Off Pounds With the Atkins Diet and Increase Energy (Overweight, Low Carb, Heart Disease, Exercise, Robert Atkins) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet (Paleo Cookbook, Slow cooker recipes, Whole food) Weight Watchers: Essential Tips For Losing Weight Along With Added Easy And No Hassle Recipes (Dieting, Health, Exercise, Vegan, Habits, Drop Pounds) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners State of Slim: Fix Your Metabolism and Drop 20 Pounds in 8 Weeks on the Colorado Diet

[Dmca](#)