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Helena suffered from anorexia herself and wrote about this and her recovery in another book ' Puppet on a String ' . In the back cover photo of ' Beyond Chaotic Eating ' she looks like a happy, healthy bunny so power to her for having recovered. She ' s also a trained counsellor. All good so far.

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Julie Brake is a Registered Dietitian Nutritionist, Licensed by the State of Georgia, specializing in family nutrition, sports nutrition, and prevention and treatment of disordered eating. She has also counseled clients for weight management and various nutritional concerns. Julie has been a private practice dietitian since 2005 and has worked with families and kids with eating issues since 2002.

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this: If my grandmothers were ugly, they didn ' t know it. I know
that the statement sounds a bit crude and harsh, but I don ' t
remember either of them being terribly concerned or obsessed
about how they looked ...

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And there is more to our lives than eating. Many of us are distressed

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