

Road to the Rainbow

A Personal Journey to Recovery from an Eating Disorder Survivor

by Meredith Seafield Grant

Book Description

Writing from a personal experience with honesty, warmth and compassion, Meredith Seafield Grant explores eating disorders, the development, the depths of despair but most importantly the hope and reality of recovery.

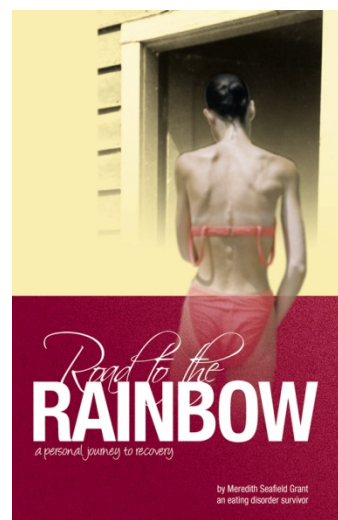
With over twenty years of personal journal entries as a resource, Meredith has compiled the wisdom and insight she gained on the road to her personal life's rainbow.

Appreciating that each individual suffering from an eating disorder requires a personal prescription for recovery, Meredith has written this book in hopes that something on her road to recovery may help other sufferers.

And above all... there is hope.

About the Author

Meredith Seafield Grant is an eating disorder survivor and now counsels those suffering from eating disorders as well as their families on their own personal journey to recovery. She also gives presentations to assist people understand the distorted body images presented in the media that adversely affect today's youth.



SELF-HELP EATING DISORDERS

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