

## The Reading Cure How Books Restored My Appee

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'The Reading Cure: How Books Restored My Appetite' is a memoir written by Laura Freeman. Given that this is a book that explains how the author helped overcome an eating disorder by reading about food, initially I found the title concerning.

[The Reading Cure: How Books Restored My Appetite by Laura ...](#)

Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope.

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Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness; about addiction, obsession and recovery; and about the way literature and food can restore appetite and renew hope."--Publisher's description.

[The reading cure : how books restored my appetite \(Large ...](#)

The author takes the reader on a rollercoaster ride in her quest to find a cure for her battle with anorexia nervosa, the anorexic mind, through drawing similarities from reading classic literature by Charles Dickens, Roald Dahl, among others.

[The Reading Cure: How Books Restored My Appetite | Nursing ...](#)

The Reading Cure is her first book and it's a brave bid to describe "the chaos, misery and misrule of an anorexic's thinking" and how she found the inspiration to start eating and enjoying ...

[The Reading Cure by Laura Freeman - review: a brave bid to ...](#)

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Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope

[BOOK REVIEW: The Reading Cure: How Books Restored My ...](#)

Books similar to The Reading Cure: How Books Restored My Appetite The Reading Cure: How Books Restored My Appetite. by Laura Freeman. 4.05 avg. rating · 311 Ratings. At the age of fourteen, Laura Freeman was diagnosed with anorexia. She had seized the one aspect of her life that she seemed able to control, and struck different foods from her ...

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For Kate, who has suffered from severe rheumatoid arthritis for 30 years, the answer is clear: "Reading pushes the pain away into a place where it no longer seems important. No matter how ill you...

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The Reading Cure is a book for the bookish, for those hungry for self-knowledge, or for those who are just hungry. (Daniel Johnson STANDPOINT ) In its subtle, undogmatic way, The Reading Cure is a tale of joy winning against piety, and the triumph of life over death... both a stimulating argument for the power of fiction as a force for personal change and a wise memoir of anorexia.

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The Reading Cure is a book for the bookish, for those hungry for self-knowledge, or for those who are just hungry. -- Daniel Johnson \*

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Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope. Read by Laura Freeman.

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