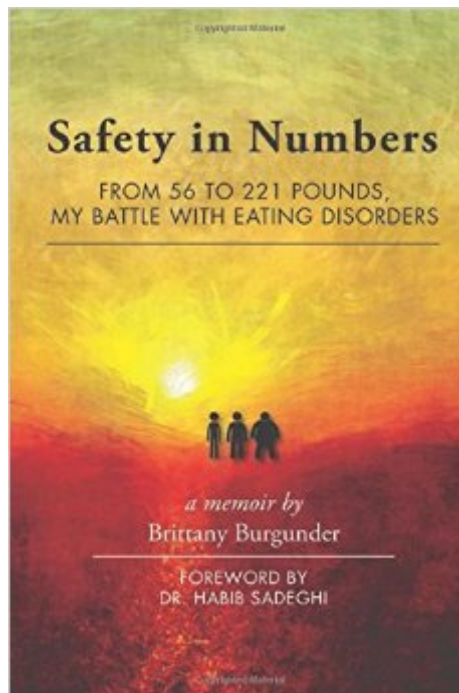


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# Safety In Numbers: From 56 To 221 Pounds, My Battle With Eating Disorders -- A Memoir



## 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 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

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Average Customer Review: 4.6 out of 5 starsÂ Â 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.

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