

# Wasted: A Memoir of Anorexia and Bulimia

In her raw and unflinching memoir, *Wasted*, Marya Hornbacher details her harrowing experiences with anorexia and bulimia. From her early struggles with body image to her eventual recovery, Hornbacher's story is a powerful and honest account of one woman's battle with these devastating eating disorders.



## Wasted: A Memoir of Anorexia and Bulimia

by Marya Hornbacher

★★★★☆ 4.5 out of 5

Language : English

File size : 578 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 320 pages

Screen Reader : Supported

X-Ray : Enabled



Hornbacher's struggles with anorexia began at a young age. As a teenager, she became increasingly obsessed with her weight and body size. She began to restrict her food intake and exercise compulsively. Over time, her anorexia became so severe that she was hospitalized several times.

After years of struggling with anorexia, Hornbacher developed bulimia. She began to binge on food and then purge it by vomiting or using laxatives. Her bulimia became so severe that she was hospitalized several more times.

Hornbacher's memoir is a powerful reminder of the devastating impact that eating disorders can have on an individual's life. She writes about the physical and emotional pain that she experienced during her years of struggling with anorexia and bulimia. She also writes about the challenges of recovery and the importance of seeking help.

Wasted is a must-read for anyone who has ever struggled with an eating disorder or knows someone who has. Hornbacher's story is a powerful reminder that eating disorders are serious mental illnesses that can have devastating consequences. It is also a story of hope and recovery, and it shows that it is possible to overcome these illnesses and live a full and healthy life.

### **Here are some of the key takeaways from Wasted:**

- Eating disorders are serious mental illnesses that can have devastating consequences.
- It is important to seek help if you are struggling with an eating disorder.
- Recovery from an eating disorder is possible, but it is a long and difficult process.
- There is hope for those who are struggling with eating disorders.

If you or someone you know is struggling with an eating disorder, please reach out for help. There are many resources available to help people recover from eating disorders. You can find more information on the National Eating Disorders Association website.

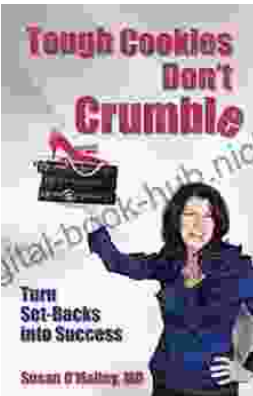
### **Wasted: A Memoir of Anorexia and Bulimia**

by Marya Hornbacher



★★★★☆ 4.5 out of 5

Language : English  
File size : 578 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 320 pages  
Screen Reader : Supported  
X-Ray : Enabled



## Tough Cookies Don't Crumble: The Unbreakable Spirit of Those Who Overcome Adversity

Life is full of challenges. We all face them, in one form or another. But for some people, the challenges are so great that they seem insurmountable. They may come in...



## The California-Born Diners, Burger Joints, and Fast Food Restaurants That Changed the World

California is known for many things, but its fast food scene is one of its most iconic. From In-N-Out to McDonald's, some of the most well-known fast food...