



I, Dragonfly: A Memoir of Recovery and Flight (Paperback)

By Kerrie Baldwin

Bald Eagle Editorial, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This groundbreaking memoir unveils the light and shadows of anorexia recovery--from what it requires to what it can ultimately deliver. At thirty-three years old, Kerrie was managing a freelance career, her three young children, and a closeted battle with anorexia that had plagued the past ten years of her life. But once the mounting misery finally becomes too much, she embarks on a treacherous two-year journey to remission from this lethal and pervasive neurobiological condition. I, Dragonfly chronicles the physical and psychological transformations of her recovery, including the panic of witnessing her body expand to unfamiliar proportions and the contention with exhaustion and pain in her limbs that last much longer than she anticipated, as well as the delight of responding to overwhelming hunger and the release of cultural fallacies around weight and health. As Kerrie learns to surrender to the recovery process, she cultivates the authentic self that had been arrested a decade prior, which eventually comes at an agonizing cost to her and her family. Through the scientific evidence-based approach to recovery introduced in the foreword by Gwyneth Olwyn, author...



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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier