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Positively Caroline (Paperback)

By Caroline Adams Miller

Cogent Publishing, United States, 2013. Paperback. Condition: New. New.. Language: English . Brand New Book ***** Print on Demand *****.Positively Caroline: How I Beat Bulimia for Good and Found Real Happiness, is one of the first books of its kind to tackle the subject of how eating disorder survivors can and do create lives of joy and health that persist past the early years of recovery. Some media reports have led people to believe that there is an addictive personality that careens from addiction to addiction without ever experiencing lasting wellness, but Caroline s story is a demonstration that many people can, and do, put food into its proper perspective and then go on to handle other life challenges without sliding backwards into food abuse or turning to other addictive substances or behaviors. Positively Caroline is the sequel to the bestselling My Name is Caroline (Doubleday 1988), which was the first major autobiography to cover recovery from bulimia, and which continues to sell well today. The book was an Alternate Selection of the Literary Guild and was reviewed in countless newspapers and magazines all over the world, and featured on television and radio programs. Tens of thousands of people say...

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