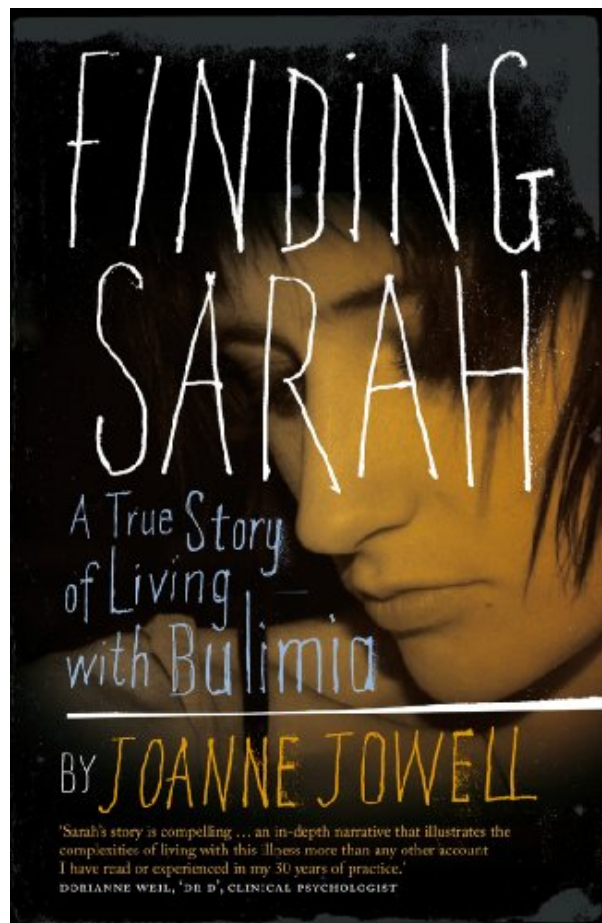
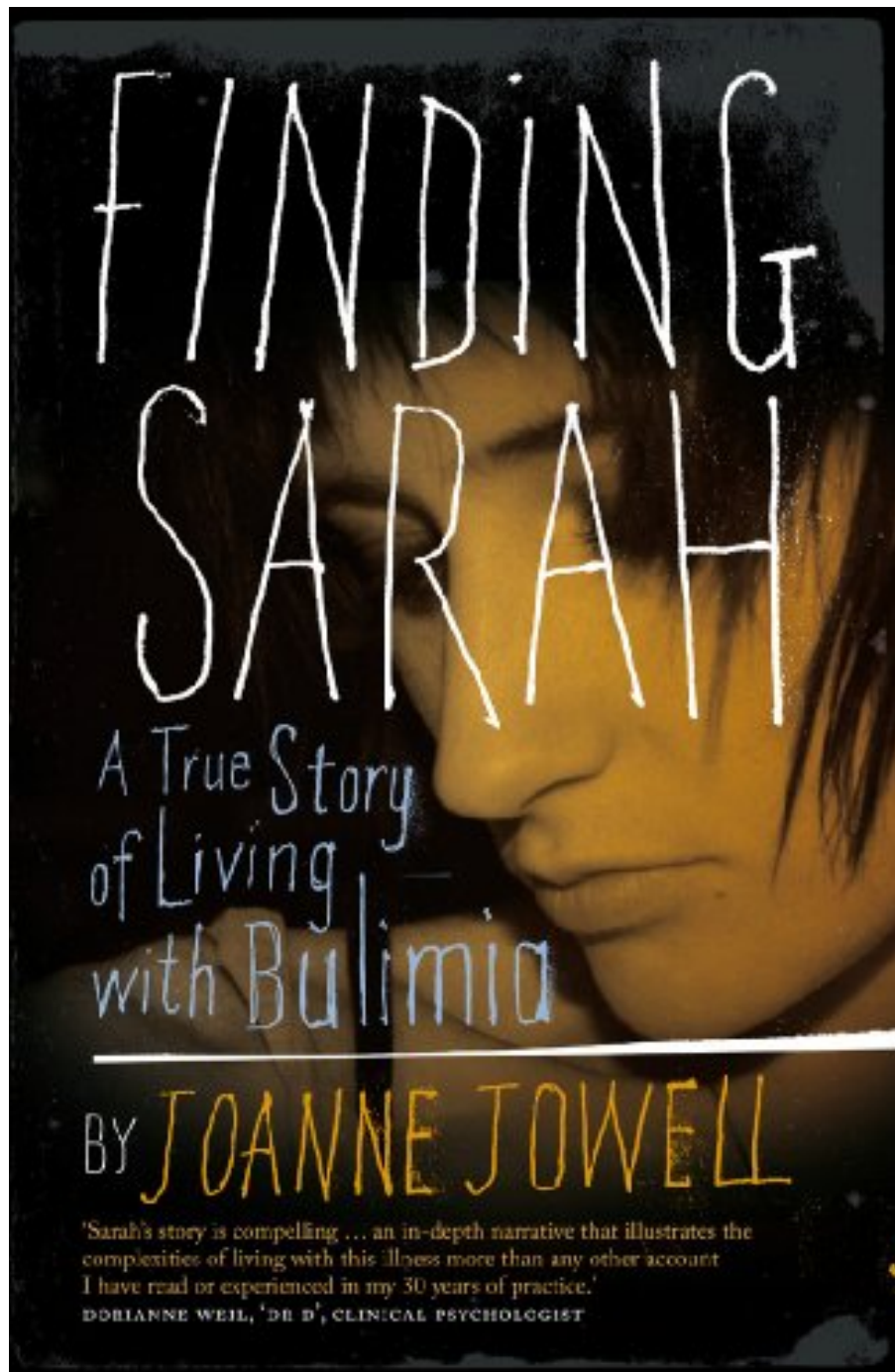


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‘Society turns a blind eye to people with eating disorders as they are often considered as merely seeking attention. This is extremely ignorant as it goes way beyond that,’ says Finding Sarah’s troubled but captivating protagonist, 26-year-old Sarah Claire Picton. For more than nine years, Sarah has been purging her food in any place she can find: public toilets, plastic bags, coffee mugs. When she couldn’t satisfy her bulimic addiction, she restricted her diet to the point that she weighed only 41 kilogrammes, a weight better suited to a girl less than half her age. She has lost teeth and her gag reflex. She has lost her energy and her friends. She has come close to losing her life. But then she decided to do something about it. Sarah reveals her story in brutally honest detail to author Joanne Jowell, setting on a path of enlightenment for herself, her family and anyone who might hear her story. No holds are barred as Sarah describes the selfishness of the illness, the shame surrounding her condition, and the deceptive ends to which she will go to hide her addiction. Along the way, Joanne meets the players in this story, including Sarah’s mother, friends, ex-boyfriend and psychiatrist. And, of course, there is Sarah herself – cowed but not beaten, searching for herself even as the author does, sharing her life story so that she can reach out to the countless others who suffer in the shadow of addiction.

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- Format: Kindle eBook

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1 of 1 people found the following review helpful.

Highly recommended!

By tiggrie AKA Sarah

I was fortunate enough to get this in the sale - it's none too cheap at full price - but even at that price, it's an excellent read.

This is not a straight biography or autobiography. Sarah Picton found a writer, Joanne Jowell, to help write her story, a story of surviving bipolar disorder and bulimia. So far, so conventional. However the book is more than just a straightforward retelling of the story from one perspective. Joanne's interjections, her struggle to pin Sarah down, her observations, are as key to the book as the many passages from Sarah's own point of view. Joanne also includes material gleaned from Sarah's friends, family, and the people who have helped her and treated her for her eating disorder. The book becomes much more than the sum of its parts, and gives a real insight into one young woman's struggle, the things she has learned, the changes she has made, the challenges she has faced and still faces.

Although I am not bulimic, I found I could identify with and learn from Sarah. Sarah and Joanne have crafted a brave, incredibly readable, frequently moving memoir. There were several points that moved me to tears. You don't need to be or know a bulimic to get a lot out of this story, though I'm sure people with eating

disorders will find it at least as absorbing and possibly very helpful. Highly recommended.

1 of 1 people found the following review helpful.

Scarily good

By RM Goldstein

I was amazed by this book. I picked it up at a friends house and could not put it down. The way the author tells this story and deals with the complexity of the illness is really well done. The characters especially the main one are fascinating. Read it - highly recommended.

1 of 1 people found the following review helpful.

A Must Read

By SRosenbaum

Excellent book. The author has great insight into the family dynamics, relationships, challenges and the roller-coaster life of Sarah as she deals with her illness and her life. The reader is swept up in the ride. A MUST READ.

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