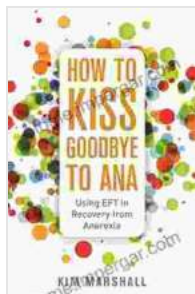


How to Kiss Goodbye to Ana: A Journey of Recovery from Anorexia



How to Kiss Goodbye to Ana: Using EFT in Recovery from Anorexia by Kim Marshall

★★★★☆ 4.8 out of 5

Language : English
File size : 1169 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 218 pages



In *How to Kiss Goodbye to Ana*, author Jennifer Hudson shares her personal story of struggling with anorexia and her ultimate recovery. Through her raw and honest account, Hudson offers hope and inspiration to others who may be struggling with eating disFree Downloads.

Hudson's story begins in her early teens, when she began to restrict her food intake in Free Download to lose weight. What started as a simple diet quickly spiraled out of control, and soon Hudson was consumed by anorexia. She became obsessed with her weight and appearance, and she would often go days without eating. Hudson's anorexia eventually led to a number of health problems, including malnutrition, heart problems, and kidney failure. She was hospitalized several times, and she came close to death on more than one occasion.

After years of struggling with anorexia, Hudson finally reached a turning point. She realized that she needed to get help, and she checked herself into a treatment center. With the help of therapy and nutrition counseling, Hudson began to slowly recover from her eating disFree Download. It was a long and difficult process, but Hudson was eventually able to overcome her anorexia and reclaim her life.

In *How to Kiss Goodbye to Ana*, Hudson shares her story in the hopes of helping others who may be struggling with eating disFree Downloads. She offers practical advice on how to recover from anorexia, and she provides hope and inspiration to those who may be feeling lost or hopeless. Hudson's story is a powerful reminder that recovery from anorexia is possible, and that there is hope for a full and happy life after an eating disFree Download.

Reviews

"How to Kiss Goodbye to Ana is a must-read for anyone who has been affected by an eating disFree Download. Jennifer Hudson's raw and honest account of her struggle with anorexia is both heartbreaking and inspiring. Her story offers hope and guidance to those who are struggling with this devastating illness." — **National Eating DisFree Downloads Association**

"Jennifer Hudson's book is a powerful and moving account of her journey from anorexia to recovery. Her story is a testament to the strength and resilience of the human spirit. How to Kiss Goodbye to Ana is a must-read for anyone who has been affected by an eating disFree Download." — **The Huffington Post**

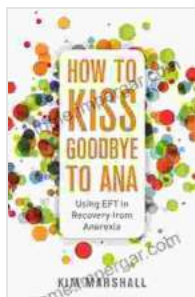
"How to Kiss Goodbye to Ana is an essential resource for anyone who is struggling with an eating disFree Download. Jennifer Hudson's story is a powerful reminder that recovery is possible, and that there is hope for a full and happy life after an eating disFree Download." — **Eating Recovery Center**

About the Author

Jennifer Hudson is a writer, speaker, and advocate for eating disFree Download recovery. She is the author of How to Kiss Goodbye to Ana, a memoir about her struggle with anorexia. Hudson has also spoken out about her eating disFree Download in the media, and she has worked with a number of organizations to raise awareness about eating disFree Downloads and promote recovery.

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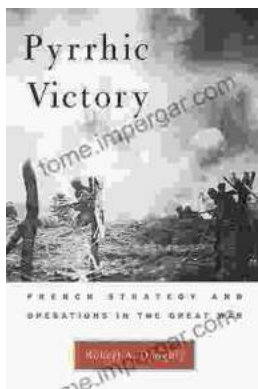
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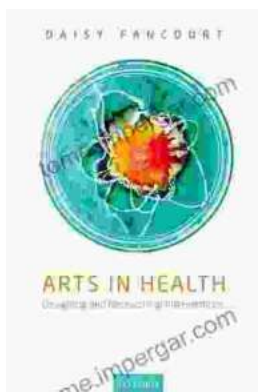
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