



## The Battle of Bulimic Barb

*Barbara Noon*

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# The Battle of Bulimic Barb

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## **The Battle of Bulimic Barb** Barbara Noon

For thirty years, I have been free from the mental grip of bulimia. This is my memoir, recounting my eleven years with the disease, and discussing ideas to help you become healthy. This book has the feeling of fiction because there is such an engrossing story-line, but every recollection is 100% true! Experience what it feels like to be trapped in the illness of bulimia: the guilty pleasure, the embarrassing situations, the anguish and self-loathing. A gentle and slightly humorous touch has been employed to balance the seriousness of the disorder. Explore reasons bulimia occurs, and solutions for a return to vibrant and enthusiastic living!

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