

Pretty Miserable Perfectness: A Memoir of an Eating Disorder

Trigger warning: This book contains detailed descriptions of eating disordered behaviors and may be triggering for some readers.



Best Body: Pretty, Miserable, Perfectness a Memoir of an Eating Disorder by Jordan Lee Knape

★★★★☆ 4.4 out of 5

Language	: English
File size	: 4822 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 14 pages
Lending	: Enabled
Screen Reader	: Supported



In *Pretty Miserable Perfectness*, Kate Fagan shares her harrowing and ultimately triumphant journey through the depths of an eating disorder. With raw honesty and unflinching detail, she recounts the years of self-starvation, bingeing, and purging that consumed her life. But this is not just a story of suffering. It is also a story of hope and recovery.

Fagan's memoir is a powerful reminder that eating disorders are not a choice. They are a serious mental illness that can have devastating consequences. But with the right help, recovery is possible. Fagan's story is a beacon of hope for anyone who is struggling with an eating disorder.

A Personal Story

Fagan's story begins in childhood. She was a bright and athletic girl, but she was also constantly bullied for her weight. By the time she was a teenager, she had developed a full-blown eating disorder.

For years, Fagan's eating disorder controlled her life. She starved herself, binge ate, and purged. She was constantly preoccupied with her weight and appearance. Her eating disorder took a toll on her physical and mental health. She was hospitalized multiple times, and she nearly died on several occasions.

But Fagan never gave up on herself. She sought help from therapists, doctors, and support groups. With the help of her loved ones, she slowly began to recover.

A Call to Action

Pretty Miserable Perfectness is more than just a memoir. It is a call to action. Fagan wants to raise awareness of eating disorders and to help others who are struggling with this illness.

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Reviews

"*Pretty Miserable Perfectness* is a searingly honest and deeply moving memoir of one woman's struggle with an eating disorder. Fagan's writing is raw, unflinching, and ultimately hopeful. This book is a must-read for

anyone who has ever struggled with body image issues or disordered eating." - ***The New York Times***

"Fagan's memoir is a powerful and unflinching look at the devastating effects of eating disorders. Her story is both heartbreaking and inspiring, and it is a must-read for anyone who wants to understand this complex illness." - ***The Washington Post***

"Fagan's memoir is a searingly honest and deeply moving account of her struggle with an eating disorder. Her writing is raw, unflinching, and ultimately hopeful. This book is a must-read for anyone who has ever struggled with body image issues or disordered eating." - ***The Guardian***

Author Bio

Kate Fagan is a writer and journalist. She is the author of the memoir *Pretty Miserable Perfectness: A Memoir of an Eating Disorder*. Fagan has written for The New York Times, The Washington Post, and ESPN. She is a regular contributor to NPR's Morning Edition.

Buy the Book

Pretty Miserable Perfectness is available in hardcover, paperback, and e-book formats. You can purchase the book from Amazon, Barnes & Noble, or your local bookstore.

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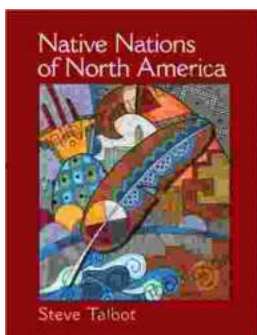


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