



What are You Running from? (Paperback)

By Lynn Hamel

Explainer HQ, United Kingdom, 2014. Paperback. Condition: New. Chris Duncan (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Some people eat very little and exercise a lot. You could say obsessively so. Is this really a problem? Most of us tend to eat too much anyway. As with all things in life, it s about getting the right balance. Extreme under-eating and over-exercising is not just being obsessive, it is a very serious medical condition. One that can be deadly. Whether you give it a name or not, this condition needs to be recognised by family, friends and teachers. This is why the author chose to write about her own experiences with anorexia. This book is useful if you need to engage a young person in discussion about any eating disorder and to help them see that they are not alone. The author offers hope by explaining that it is something that can be managed with support. Written as a short manga-style picture book based on the author s own life, it is about provoking discussion and giving hope rather than offering detailed medical advice.



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