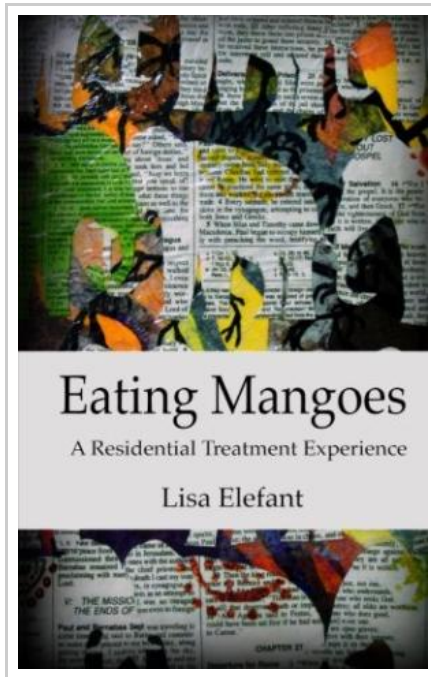




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By Lisa Elefant

Dream Trek, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This is for all who battle with an eating disorder and the question: Am I worth more than twenty pounds? This is a must read for those who stand with us in the battle: our family, friends, therapists, and sponsors. To eat a mango is to enter into a process of cutting and scraping the fruit from its skin and seed. It is a process that takes some time and is a little messy. And, it is so worth the reward in the end! The same is true for the journey of recovery. Recovery is a process from beginning to end. It takes time and is messy. And, recovery is also so worth the reward in the end! An influential woman in Elefant's life gave her the wisdom that life is a process. Recovery is a process. There are no quick fixes, it is not black and white, and the joy is in the journey. The light bulb went on one day as Elefant was eating a mango and she discovered what her mentor had meant!...



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