



My Naked Truth: Surviving Depression and Bulimia

Ximena Veliz

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Writing from the heart, Ximena opens up with her most intimate struggles of depression and bulimia. She chronicles the daily and nightly battles she faced year after year until she found peace. As a friend, Ximena encourages those who find themselves facing their own hurdles with the simple message, "The only thing I will not stop repeating over and over again is, don't give up. Keep going, keep on fighting. You're worth every effort. You deserve it and somehow you know it."

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