



Thin

Grace Bowman

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Bright, popular, pretty, and successful, Grace Bowman had the world at her feet. So what drove her to starve herself nearly to death at the age of 18? And what, more importantly, made her stop? A grippingly honest account of life with anorexia nervosa, *Thin* is Grace's heartbreaking, shocking, and, finally, inspirational memoir. An extraordinary story, it is also a common one—is there a woman in the western world who has a normal relationship with food? A compulsive read, essential for anyone hoping to understand more about eating disorders and overcoming addiction.

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