



The Monster Within: Facing an Eating Disorder

Cynthia Rowland McClure

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Cynthia Rowland McClure was an outwardly vivacious and successful television journalist, who inwardly had slipped into the depths of bulimia.

For twelve lonely and desperate years, as she battled her personal monster, suicide was often on her mind. It seemed the only way to escape the hopelessness she felt. Cynthia managed to hide her struggle until a friend finally steered her to a Dallas clinic. There she was able to confront the realities of her past and look to the future with optimism.

In *The Monster Within*, Cynthia openly shares her struggle to learn why she was engaging in destructive behavior and the courage and grace it took to get well. If you or someone you know struggles with an eating disorder, this true life story will provide answers, hope, and help.

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Lynn Kelley:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you need to try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the entire day to reading a guide. The book The Monster Within: Facing an Eating Disorder it is very good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. If you did not have

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