

The Reading Cure How Books Restored My Appetite

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How to Remember What You Read

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'The Reading Cure: How Books Restored My Appetite' is a memoir written by Laura Freeman. Given that this is a book that explains how the author helped overcome an eating disorder by reading about food, initially I found the title concerning.

~~The Reading Cure: How Books Restored My Appetite by Laura ...~~

Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope.

~~The Reading Cure: How Books Restored My Appetite: Freeman ...~~

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~~The reading cure : how books restored my appetite (Large ...~~

The author takes the reader on a rollercoaster ride in her quest to find a cure for her battle with anorexia nervosa, the anorexic mind, through drawing similarities from reading classic literature by Charles Dickens, Roald Dahl, among others.

~~The Reading Cure: How Books Restored My Appetite | Nursing ...~~

The Reading Cure is her first book and it's a brave bid to describe "the chaos, misery and misrule of an anorexic's thinking" and how she found the inspiration to start eating and enjoying ...

~~The Reading Cure by Laura Freeman - review: a brave bid to ...~~

The Reading Cure: How Books Restored My Appetite by Freeman, Laura Book The Fast. \$11.77. Free shipping . Laura Freeman-Reading Cure (UK IMPORT) BOOK NEW. \$13.80 + \$3.92 shipping . CASPARY,VERA-LAURA (UK IMPORT) BOOK NEW. \$14.85. Free shipping .

~~Laura Freeman Reading Cure (UK IMPORT) BOOK NEW ...~~

Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope

~~BOOK REVIEW: The Reading Cure: How Books Restored My ...~~

Books similar to The Reading Cure: How Books Restored My Appetite The Reading Cure: How Books Restored My Appetite. by Laura Freeman. 4.05 avg. rating · 311 Ratings. At the age of fourteen, Laura Freeman was diagnosed with anorexia. She had seized the one aspect of her life that she seemed able to control, and struck different foods from her ...

~~Books similar to The Reading Cure: How Books Restored My ...~~

For Kate, who has suffered from severe rheumatoid arthritis for 30 years, the answer is clear: "Reading pushes the pain away into a place where it no longer seems important. No matter how ill you...

~~Blake Morrison on the healing power of reading | Books ...~~

The Reading Cure is a book for the bookish, for those hungry for self-knowledge, or for those who are just hungry. (Daniel Johnson STANDPOINT) In its subtle, undogmatic way, The Reading Cure is a tale of joy winning against piety, and the triumph of life over death... both a stimulating argument for the power of fiction as a force for personal change and a wise memoir of anorexia.

~~The Reading Cure: How Books Restored My Appetite: Amazon ...~~

Anyone who has read the books can veto them. The group then narrows the selection down to three and votes. As a reading group participant, you will find yourself involved in a perpetual search for...

~~The Reading Cure - Mother Jones~~

The Reading Cure is a book for the bookish, for those hungry for self-knowledge, or for those who are just hungry. -- Daniel Johnson * STANDPOINT * -- Daniel Johnson * STANDPOINT * In its subtle, undogmatic way, The Reading Cure is a tale of joy winning against piety, and the triumph of life over death... both a stimulating argument for the power of fiction as a force for personal change and a wise memoir of anorexia.

~~The Reading Cure By Laura Freeman | Used - World of Books~~

The Reading Cure: How Books Restored My Appetite . Laura Freeman. News; Back. ... The books are shelved in glass-fronted cases, alphabetically and by subject. High, shuttered windows give a view of the sea, a garden square, or chalk downland. There is an armchair, with a table and lamp, and a polished top stacked with favourite titles. In an ...

~~The Reading Cure: How Books Restored My Appetite - an ...~~

Book review: The Reading Cure: How Books Restored My Appetite by Laura Freeman. Laura Freeman reveals how, gripped by anorexia, literature got her eating again. Review by Jackie Annesley.

~~Book review: The Reading Cure: How Books Restored My ...~~

Bibliotherapy: How Books Can Treat Anxiety, Depression Any avid reader will attest to the emotional high that occurs when reading a book that beautifully describes their exact predicament. This could explain the swaths of high school students singing Holden Caulfield's praises, only to shyly retract their admiration just a few years later.

~~Bibliotherapy: How Books Can Treat Anxiety, Depression ...~~

Review: The Reading Cure: How Books Restored My Appetite by Laura Freeman - a novel solution to anorexia This writer describes vividly the scourge of anorexia and how reading taught her to eat ...

~~Review: The Reading Cure: How Books Restored My Appetite ...~~

A slow cure for book abuse. I stand up and confess to a sordid, needy addiction to reading to escape the world rather than engage with literature ... Reading addiction is so dangerous because it's ...

~~A slow cure for book abuse | Fiction | The Guardian~~

Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope. Read by Laura Freeman.

'Freeman's pleasure in the food of literature ... is infectious. The Reading Cure will speak to anyone who has ever felt pain and found solace in a book' Bee Wilson At the age of fourteen, Laura Freeman was diagnosed with anorexia. But even when recovery seemed impossible, the one appetite she never lost was her love of reading. Slowly, book by book, Laura re-discovered how to enjoy food - and life - through literature.

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Whether you have a stubbed toe or a stubborn case of the blues, within these pages you'll find a cure in the form of a novel - or a combination of novels - to help ease your pain. You'll also find advice on how to tackle common reading ailments - such as what to do when you feel overwhelmed by the number of books in the world, or if you have a tendency to give up halfway through. When read at the right moment in your life, a novel can - quite literally - change it, and The Novel Cure is a reminder of that power. Written with authority, passion and wit, here is a fresh approach to finding new books to read, and an enchanting way to revisit the books on your shelves.

"At the age of fourteen, Laura Freeman was diagnosed with anorexia. She seized the one aspect of her life that she seemed able to control and struck different foods from her diet one by one until she was starving. But even at her lowest point, the one appetite she never lost was her love of reading. As Laura battled her anorexia, she gradually re-discovered how to enjoy food, and life more broadly, through literature. Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness; about addiction, obsession and recovery; and about the way literature and food can restore appetite and renew hope."--Publisher's description.

The stories that shape our children's lives are too important to be left to chance. With The Story Cure, bibliotherapists Ella Berthoud and Susan Elderkin have put together the perfect manual for grown-ups who want to initiate young readers into one of life's greatest pleasures. There's a remedy for every hiccup and headache, whether it's between the covers of a picture book, a pop-up book, or a YA novel. You'll find old favourites like The Borrowers and The Secret Garden alongside modern soon-to-be classics by Michael Morpurgo, Malorie Blackman and Frank Cottrell-Boyce, as well as helpful lists of the right reads to fuel any obsession - from dogs or dinosaurs, space or spies. Wise and witty, the Story Cure will help any small person you know through the trials and tribulations of growing up, and help you fill their bookshelves with adventure, insight and a lifetime of fun.

A novel is a story, a collection of experiences transmitted from the mind of one to the mind of another. It offers a way to unwind, a way to focus, a way to learn about life--distraction, entertainment, and diversion. But it can also be something much more powerful. When read at the right time in your life, a novel can--quite literally--change it. The Novel Cure is a reminder of that power. To create this apothecary, the authors have trawled through two thousand years of literature for the most brilliant minds and engrossing reads. Structured like a reference book, it allows readers to simply look up their ailment, whether it be agoraphobia, boredom, or midlife crisis, then they are given the name of a novel to read as the antidote.

LOS ANGELES TIMES AND PUBLISHERS WEEKLY BESTSELLER * The powerful memoir of a young doctor and former college athlete diagnosed with a rare disease who spearheaded the search for a cure--and became a champion for a new approach to medical research. "A wonderful and moving chronicle of a doctor's relentless pursuit, this book serves both patients and physicians in demystifying the science that lies behind medicine."--Siddhartha Mukherjee, New York Times bestselling author of The Emperor of All Maladies and The Gene David Fajgenbaum, a former Georgetown quarterback, was nicknamed the Beast in medical school, where he was also known for his unmatched mental stamina. But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled by his condition, which they had yet to even diagnose. Floating in and out of consciousness, Fajgenbaum prayed for a second chance, the equivalent of a dramatic play to second the game into overtime. Miraculously, Fajgenbaum survived--only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman disease, an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disorder. When he relapsed while on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: Between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends, and mentors, he also reached out to other Castleman disease patients and physicians, and eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them. Instead of waiting for the scientific stars to align, he would attempt to align them himself. More than five years later and now married to his college sweetheart, Fajgenbaum has seen his hard work pay off: A treatment he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His incredible story demonstrates the potency of hope, and what can happen when the forces of determination, love, family, faith, and serendipity collide. Praise for Chasing My Cure "A page-turning

chronicle of living, nearly dying, and discovering what it really means to be invincible in hope."--Angela Duckworth, #1 New York Times bestselling author of Grit "[A] remarkable memoir . . . Fajgenbaum writes lucidly and movingly . . . Fajgenbaum's stirring account of his illness will inspire readers."--Publishers Weekly

Danielle “Dany” Divito fell deeply in love at first sight with the mysterious Anita da Silva when she walked into a bar in a small French village. After a year of pining escalated into a few nights of desperate passion, Dany lost Anita, who disappeared back to the United States and was later tragically murdered by her ex-husband. Trying to recover from this devastating loss, Dany returns to France, retracing her steps as she lays memories of Anita to rest. Instead of a solo journey, though, Dany meets a very handsome, very rich young man who owns a private hotel called El Paradiso. According to the proprietor Andy, El Paradiso is a retreat for those in confusion about themselves and their place in a society that imposes labels they reject. Andy carefully selects his guests; the one requirement is that they believe in love. Dany came back to France to forget a disastrous affair, but she is about to open her heart and mind to an experience she never expected.

Richard Mabey is the author of numerous books on Britain's ecology, including the best-selling Flora Britannica and the Whitbread Prize-winning Gilbert White (Virginia).

A rigorous, skeptical, deeply reported look at the new science behind the mind's surprising ability to heal the body. Have you ever felt a surge of adrenaline after narrowly avoiding an accident? Salivated at the sight (or thought) of a sour lemon? Felt turned on just from hearing your partner's voice? If so, then you've experienced how dramatically the workings of your mind can affect your body. Yet while we accept that stress or anxiety can damage our health, the idea of "healing thoughts" was long ago hijacked by New Age gurus and spiritual healers. Recently, however, serious scientists from a range of fields have been uncovering evidence that our thoughts, emotions and beliefs can ease pain, heal wounds, fend off infection and heart disease and even slow the progression of AIDS and some cancers. In Cure, award-winning science writer Jo Marchant travels the world to meet the physicians, patients and researchers on the cutting edge of this new world of medicine. We learn how meditation protects against depression and dementia, how social connections increase life expectancy and how patients who feel cared for recover from surgery faster. We meet Iraq war veterans who are using a virtual arctic world to treat their burns and children whose ADHD is kept under control with half the normal dose of medication. We watch as a transplant patient uses the smell of lavender to calm his hostile immune system and an Olympic runner shaves vital seconds off his time through mind-power alone. Drawing on the very latest research, Marchant explores the vast potential of the mind's ability to heal, lays out its limitations and explains how we can make use of the findings in our own lives. With clarity and compassion, Cure points the way towards a system of medicine that treats us not simply as bodies but as human beings. A New York Times Bestseller Finalist for the Royal Society Insight Investment Science Book Prize Longlisted for the Wellcome Book Prize

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