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The reading cure The idea that ... She wrote back telling me to read more and offering money for books if I needed it. 'I am not your teacher but you need to read,' she said.

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The Reading Cure: How Books Restored My Appetite Laura Freeman. A luminous memoir about recovery and how one woman discovered an appetite for food and life through reading. At the age of fourteen, Laura Freeman was diagnosed with anorexia.

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Many reading groups adopt an annual reading list, while others select books a month or two in advance. Suggestions come from the group's members, their friends, librarians, and booksellers.

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 ...

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The Reading Cure: How Books Restored my Appetite is a memoir. Laura at the age of fourteen was diagnosed anorexia and his is her story, a journey of how books and reading hel Laura Freeman is a freelance writer and has written for magazines and newspapers such as The Spectator, Standpoint, The Times, TLS, and Slightly Foxed to name but a few.

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 How Books

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What was it like? 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 use of a variety of relevant and applicable excerpts by the author such as Oliver Twist's thin porridge to Sassoon's emphasis ...

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The Reading Cure by Laura Freeman | Waterstones

The Creative Curve is a well written and thoroughly fascinating book looking at the creative process and one of the best books I've read recently. If you think being creative is just for others, think otherwise. In his book, Allen Gannett debunks the myths and removes the mystery on the creative process.

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