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Honest, hard-hitting, and spoken from the heart, An Apple a Day is a manifesto for the modern generation to stop starving and start living. "In this heartfelt look at the causes of her eating disorder, Woolf emphatically states that her anorexia was not the result of striving to look good based on unrealistic

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media images but rather a mental illness
based on her need for control . . .

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AN APPLE A DAY: A MEMOIR OF LOVE AND RECOVERY FROM ANOREXIA BY EMMA WOOLF (Summersdale £8.99) By Jane Shilling for MailOnline.

Published: 13:34 EDT, 3 May 2012 | Updated: 12:54 EDT, 4 May 2012 ...

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eight or nine or ten cigarettes a day and look for a 'discreet location to grab an evening smoke,' in the memoir, a copy of which was obtained by CNN.

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