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I, Dragonfly: A Memoir of Recovery and Flight - Kindle edition by Baldwin, Kerrie, Olwyn, Gwyneth. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading I, Dragonfly: A Memoir of Recovery and Flight.

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I, Dragonfly chronicles the physical and psychological transformations of her recovery, including the panic of witnessing her body expand to unfamiliar proportions and the contention with exhaustion and pain in her limbs that last much longer than she anticipated, as well as the delight of responding to overwhelming hunger and the release of cultural fallacies around weight and health. As Kerrie learns to surrender to the recovery process, she cultivates the authentic self that had been ...

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In her memoir about her recovery from anorexia, Kerrie Baldwin doesn't whitewash anything. She deftly uses language to let the reader accompany her through her various stages of recovery, from her confident, euphoric beginnings to her prolonged suffering with edema, and doubt that she can push through to the end, followed by her renewed determination.

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I, Dragonfly: A Memoir of Recovery and Flight, which includes a foreword by Gwyneth Olwyn, will release in e-book and paperback editions through international online retailers Amazon, Barnes & Noble, iBooks, Kobo, and others on March 13, 2018.

I Dragonfly A Memoir Of Recovery And Flight

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Recovery Experiences — The Eating Disorder Institute

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