



Brave Girl Eating: A Family's Struggle with Anorexia by Harriet Brown

Reviewed by Mawadda



The genre is Memoir/Nonfiction

Give a summary without spoilers!

Kitty (Harriet Brown's daughter) is a teenage gymnast who is diagnosed with anorexia nervosa at the age of 14. After getting sent to the hospital for complications caused by her illness it's up to kitty's parents to set her up on the path to recovery. This book talks about the struggles Kitty and her family faced during her refeeding process.

What drew you to this book?

What drew me to this book was its storyline. I loved how the book talked about a very serious topic (eating disorder, especially anorexia nervosa) in a way that was easy to understand. This book also is really factual and a great benefit to people that know people with anorexia or have it themselves.

Did it remind you of something that you've previously read?

I've read many books on anorexia nervosa but this stood out to me as the most relatable and factual.

To whom would you recommend this book?

This book is really helpful for people who are struggling with anorexia and would like to know ahead of time what the refeeding process is like. As well as family members who know what is best for a loved one struggling with anorexia.

Overall, did you like it and would you recommend it to others?

I loved this book and would 100% recommend it to others as it is really informative and overall just a great read.

Anything else that you would like to add to this review? What made you choose it? Did you like the cover? Was it recommended to you? Did you find it at the library?

I chose this book because I like to read about fractal medical books as well as real stories of how people overcame struggles and illnesses.