



Lighter Than My Shadow

By Katie Green

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Lighter Than My Shadow By Katie Green

Growing up, Katie Green had a normal and extremely happy childhood. However, as a child, she had an aversion to finishing certain foods (like toast), foods that she would end up hiding behind her bookshelf when she didn't want to eat them. As Katie entered her teenage years, she found herself becoming more averse to eating altogether. Before she knew it, she had become obsessive about consuming very limited amounts of calories and within months, found that she was severely anorexic.

In Katie's inspirational graphic memoir "Lighter than My Shadow," Katie takes readers on her painful journey, as she goes from starving herself to binging and purging. Along the way, Katie tries everything to cure herself (including having an extremely manipulative and dangerous relationship with a zealous alternative healer). It is not until she gives in to her passion for drawing (something she'd tried to ignore all her life) that she begins the long process to her recovery.

Katie's voice is both honest and accessible and her art is mesmerizing and beautiful. This is the kind of book that is not just for those suffering from an eating disorder but the perfect read for anyone struggling with their emotional life or with

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Editorial Review

Review

"Even at its most heartbreakingly sombre ... Inspiring, plucky and, in the end, consoling, it's hard to put down." -- Rachel Cooke *Observer* "A work of true devotion." -- Paul Gravett *Independent* "This heartbreakingly endearing and painfully honest depiction of a girl fighting against herself to survive makes for a truly amazing story." *We Love This Book* "[A] searing memoir... Gripping, thanks to its honesty and its disjunction between traumatic subject matter and sometimes childlike artwork, James Smart" *Guardian*

About the Author

Katie Green is an artist and illustrator living in the south-west of England. *Lighter Than My Shadow* is her first book.

Users Review

From reader reviews:

David Whetstone:

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