



# Thin

By Grace Bowman

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## Thin By Grace Bowman

Bright, popular, pretty, and successful, Grace Bowman had the world at her feet. So what drove her to starve herself nearly to death at the age of 18? And what, more importantly, made her stop? A grippingly honest account of life with anorexia nervosa, *Thin* is Grace's heartbreakingly honest, shocking, and, finally, inspirational memoir. An extraordinary story, it is also a common one—is there a woman in the western world who has a normal relationship with food? A compulsive read, essential for anyone hoping to understand more about eating disorders and overcoming addiction.

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### Editorial Review

#### Review

"Poignant and timely. . . the most honest account of the illness yet published." —*Glamour*

"Bowman describes her descent into anorexia with clinical skill; if you haven't understood it before, you will now. . . brave, revealing, and shocking." —*Guardian*

"A brilliant new memoir." —*Sunday Telegraph*

#### About the Author

**Grace Bowman** studied English at Queens' College, Cambridge.

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