



Believarexic

JJ Johnson

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Jennifer has to force her family to realize that she needs treatment for her eating disorder. But her experience in an eating disorder treatment unit isn't quite what she expected. In 1988, when she was fifteen, JJ Johnson was hospitalized for treatment of bulimarexia, a combination of bulimia and anorexia. During her ten-week stay, JJ had to eat everything on her tray, and took classes like Assertiveness Training, Depression Management, and Body Image Workshop. She gained weight, but her path toward health was a constant struggle. In her heart, JJ knew she knew that she would be a happy, healthy adult one day. But how? Instead of a clear path, there was a black abyss. She needed a guide, a mentor, someone who knew her inside and out. So, one morning, just before weigh-in, JJ closed her eyes and made a deal with herself: I promise myself that when I'm grown up, and happy, I will come back here, to these months. Healthy me will guide bulimarexic me through this. This book is that promise, kept.

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