



## Sad Perfect (Paperback)

By Stephanie Elliot

Square Fish, 2018. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Perfect is only on the surface in this gripping novel about a teen girl who looks normal but struggles with a little known eating disorder. Sixteen-year-old Pea has a secret: she has Avoidant/Restrictive Food Intake Disorder, which means she can't eat very much because nutritious foods frighten her. Having ARFID is like having a monster inside of her, one that dictates what she can eat, what she does and who she socializes with. This monster is growing and controlling more than just her food issues?it's causing anxiety, depression, and giving her thoughts that she doesn't want to have. When she falls crazy-mad in love with Ben, she hides her disorder from him, pretending that she's fine. At first, everything really does feel like it's getting better with him around, so she stops taking her anxiety and depression medication. And that's when the monster really takes over her life. Just as everything seems lost and hopeless, Pea finds in her family, best friend, and Ben the support and strength that she needs to learn that her eating disorder doesn't have to...

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