

I, Dragonfly: A Memoir of Recovery and Flight (Paperback)



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I, DRAGONFLY: A MEMOIR OF RECOVERY AND FLIGHT (PAPERBACK)



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Bald Eagle Editorial, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This groundbreaking memoir unveils the light and shadows of anorexia recovery--from what it requires to what it can ultimately deliver. At thirty-three years old, Kerrie was managing a freelance career, her three young children, and a closeted battle with anorexia that had plagued the past ten years of her life. But once the mounting misery finally becomes too much, she embarks on a treacherous two-year journey to remission from this lethal and pervasive neurobiological condition. *I, Dragonfly* chronicles the physical and psychological transformations of her recovery, including the panic of witnessing her body expand to unfamiliar proportions and the contention with exhaustion and pain in her limbs that last much longer than she anticipated, as well as the delight of responding to overwhelming hunger and the release of cultural fallacies around weight and health. As Kerrie learns to surrender to the recovery process, she cultivates the authentic self that had been arrested a decade prior, which eventually comes at an agonizing cost to her and her family. Through the scientific evidence-based approach to recovery introduced in the foreword by Gwyneth Olwyn, author of *Recover from Eating Disorders: Homeodynamic Recovery Method*, Kerrie achieves a state of remission--a seeming impossibility to those trapped in starvation. Her brutal yet liberating path serves as a reassuring roadmap for millions of sufferers worldwide who seek to reclaim themselves. At the same time, her candid and inspiring story reflects a universal passage to self-actualization.

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