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Coping with Anorexia

Stand Tall Little Girl Facing

Stand Tall Little Girl is a memoir by Hope Virgo that focuses on her experience with anorexia nervosa. If you are active on social media, you may recognize Hope from her Dump the Scales campaign to stop weight being used as a barrier to mental health services for people experiencing eating disorders.

Stand Tall Little Girl: Facing Up to Anorexia by Hope Virgo
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Amazon.com: Stand Tall, Little Girl: Facing Up to Anorexia ... Stand Tall. Little Girl: Facing Up to Anorexia. n 2018 Hope Virgo released her first book Stand Tall Little Girl, which has just been reissued by Trigger Publishing. This important book is accessible and informative, covering both the roots of anorexia, how we can spot it, and the journey to acceptance and recovery.

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eating disorders, Hope Virgo shares the story of how her own battles with anorexia inspired her to speak out on behalf of those who can ' t.

Stand Tall Little Girl - Facing up to anorexia

Stand Tall Little Girl – Facing Up To Anorexia by Hope Virgo, is her personal journey of suffering from a life-threatening eating disorder, to not just recovery, but using her story to help others and inspire hope, through talks in hospitals, schools and businesses. (NB – as a fellow Hope myself, that will be the only intentional play on her name used in this article!)

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own battles with anorexia inspired her to speak out on behalf of those who can ' t.

Stand Tall Little Girl - Facing up to anorexia

Stand Tall Little Girl – Facing Up to Anorexia AVAILABLE

NOW For four years Hope Virgo fought a gruelling internal battle, keeping her anorexia hidden from friends and family.

Stand Tall Little Girl – Facing Up to Anorexia - Trigger

She was barely recognizable. Forced to leave her family and friends, the hospital became her home. Over the next year, at her lowest ebb, Hope faced the biggest challenge of her

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life. She had to find the courage to beat her anorexia. In Stand Tall Little Girl, Hope shares her harrowing, yet truly inspiring, journey.

Inspirational: Stand Tall Little Girl: Facing Up to ...
Stand Tall Little Girl: Facing Up To Anorexia. A Paperback edition by Hope Virgo in English (Mar 1, 2017)

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Stand Tall Little Girl – Facing Up to Anorexia Hope Virgo
AVAILABLE NOW 'I know how anorexia makes you feel: you think she is your friend, you think she can solve everything

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and make you feel amazing ... but she will destroy you ... In Stand Tall Little Girl, Hope shares her harrowing, yet truly inspiring, journey. Through her letters and ...

Stand Tall Little Girl – Facing Up to Anorexia - Trigger

In "Stand Tall Little Girl", Hope shares her harrowing, yet truly inspiring, journey. Through her letters and diary entries, Hope tells us how she fought from rock bottom to beat the "friend" that had controlled and nearly destroyed her life. The story of Hope's recovery will inspire countless others.

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