



My True Reflection, Freedom From Eating Disorders

Leigh Ann Brisbin

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Millions suffer from eating disorders. Many who are as young as seven and women as old as seventy, and even 1 percent of the male population, have been diagnosed with anorexia or bulimia. Leigh-Ann Brisbin struggled with this addiction for nineteen years, and she shares how she found lasting freedom through her walk with Christ. With full descriptions of the warning signs of anorexia, and bulimia, and the physical effects of these diseases, this book equips the reader with the necessary tools for acquiring health and wholeness. Written in a reader-friendly style, My True Reflection also provides journal questions, prayers, and Scripture references at the end of each chapter to direct the reader to lasting answers through Christ.

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