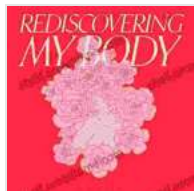


Rediscovering My Body: A Memoir of Eating Disorders, Body Dysmorphia, and Recovery



Rediscovering My Body by Tara Galeano

★★★★☆ 4.9 out of 5

Language : English

File size : 14061 KB

Print length : 116 pages

Lending : Enabled

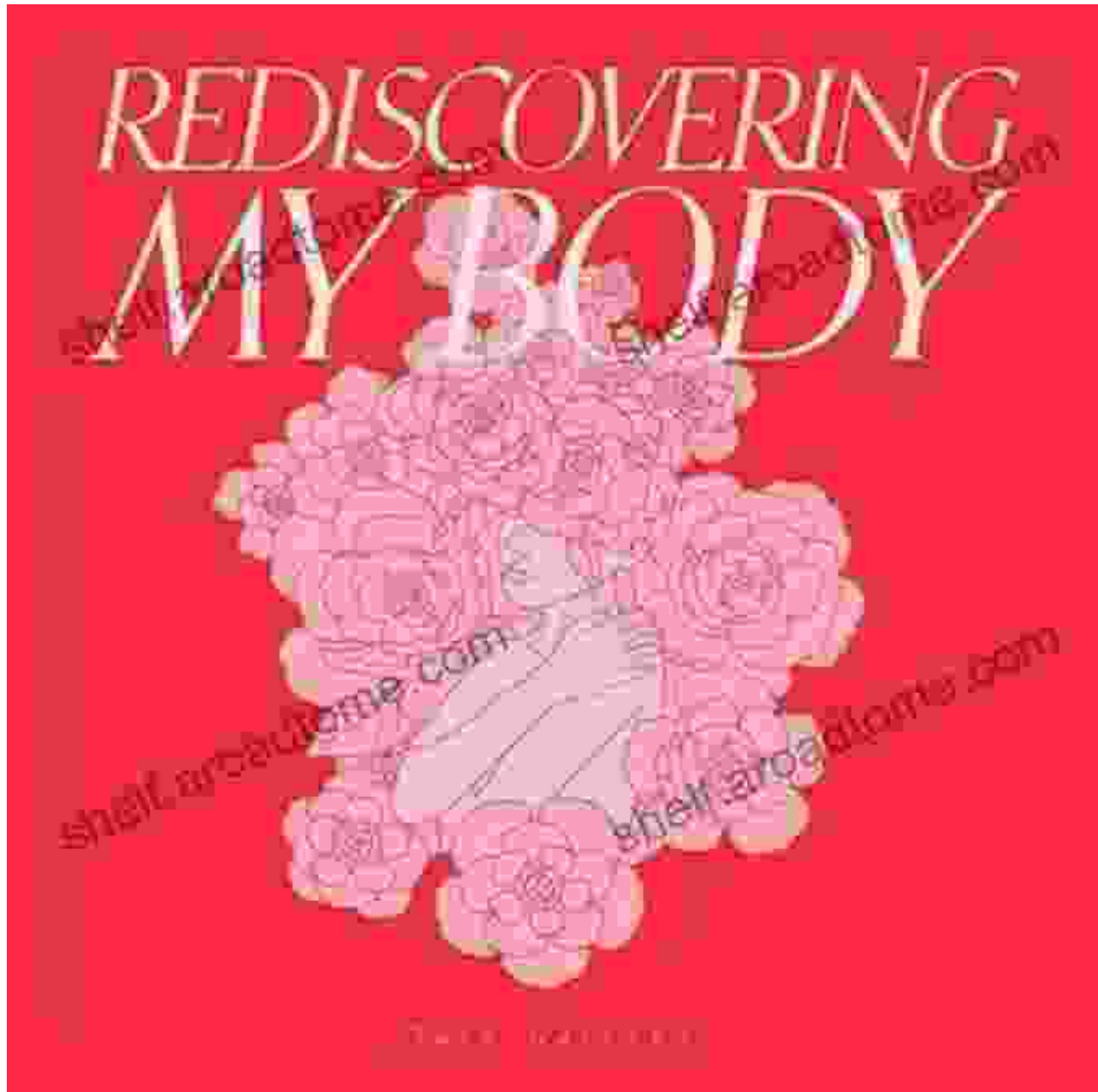
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By Tara Galeano



In her inspiring memoir, *Rediscovering My Body*, Tara Galetano shares her personal journey of overcoming eating disFree Downloads and body dysmorphia. With raw honesty and vulnerability, she recounts her struggles with anorexia, bulimia, and binge eating, as well as the devastating impact these disFree Downloads had on her physical and mental health.

Galeano's story is not just one of pain and suffering, however. It is also a story of hope and recovery. Through therapy, self-compassion, and the support of loved ones, she was able to break free from the prison of her eating disFree Download and rediscover her own body and her own life.

Rediscovering My Body is a powerful and moving memoir that will resonate with anyone who has ever struggled with body image issues or eating disFree Downloads. Galeano's story is a reminder that recovery is possible, even after years of struggling. It is a story of hope, resilience, and the power of the human spirit.

Praise for *Rediscovering My Body*

"Tara Galeano's memoir is a powerful and moving account of her journey to overcome eating disFree Downloads and body dysmorphia. Her story is a reminder that recovery is possible, even after years of struggling. It is a story of hope, resilience, and the power of the human spirit." - ***The National Eating DisFree Downloads Association***

"Tara Galeano's memoir is a must-read for anyone who has ever struggled with body image issues or eating disFree Downloads. Her story is honest, raw, and ultimately empowering. It is a story of hope, recovery, and the power of self-compassion." - ***The Body Positive Movement***

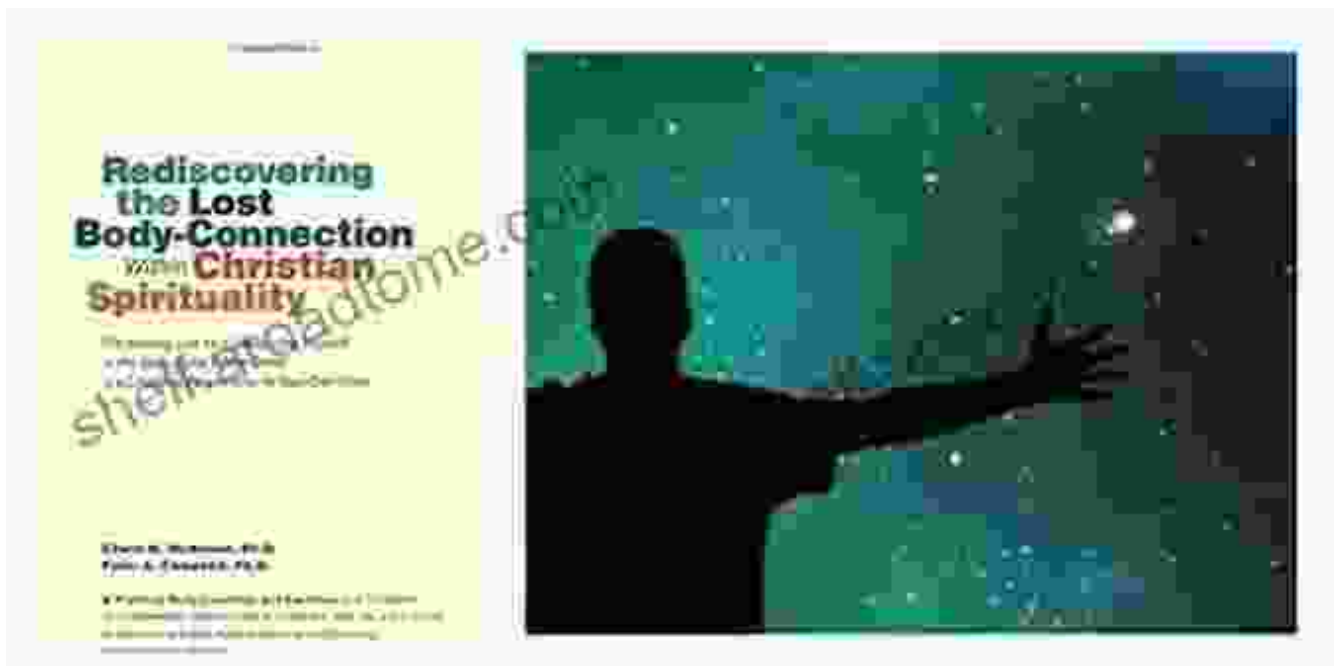
About the Author

Tara Galeano is a writer, speaker, and advocate for eating disFree Download recovery. She is the founder of the blog, *The Eating DisFree Download Recovery Podcast*, and the author of the memoir, *Rediscovering My Body*. Tara's work has been featured in *The New York Times*, *The Washington Post*, and *The Huffington Post*. She is a passionate advocate

for eating disFree Download recovery and believes that everyone deserves to have a healthy relationship with their body.

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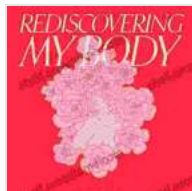
Why I teach Rediscovering My Body: A Birth Story & What I Know to be True

Tara Galeano, Sex Therapist

Thank you for your interest in *Rediscovering My Body*. I hope that my story will inspire you on your own journey to recovery.

Sincerely,

Tara Galeano



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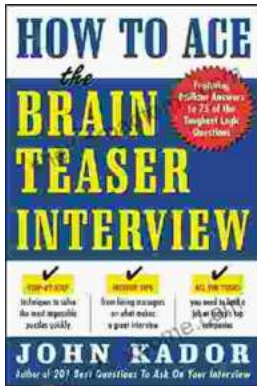
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