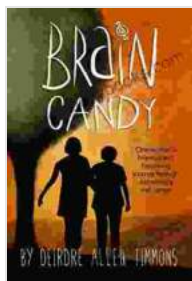


Brain Candy: A Memoir of Food, Eating Disorders, and Recovery by Deirdre Timmons



Brain Candy: A Memoir by Deirdre Timmons

★★★★☆ 4.6 out of 5

Language	: English
File size	: 344 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 293 pages



Book Review

In *Brain Candy*, Deirdre Timmons shares her personal journey of struggling with eating disorders. She writes about the challenges she faced, the lessons she learned, and the hope she found in recovery. This book is a must-read for anyone who has struggled with an eating disorder or knows someone who has.

Timmons begins her memoir by describing her early childhood. She was a happy and healthy child, but she began to develop an eating disorder in her early teens. She writes about the shame and secrecy that surrounded her eating disorder, and how it led to years of self-destructive behavior.

After years of struggling with her eating disFree Download, Timmons finally sought help. She went to therapy and began to work on her recovery. She writes about the challenges she faced in recovery, but she also writes about the hope and healing she found.

Brain Candy is a powerful and inspiring memoir. Timmons's story is a reminder that eating disFree Downloads are a serious mental illness, but they can be overcome. This book is a must-read for anyone who has struggled with an eating disFree Download or knows someone who has.

About the Author

Deirdre Timmons is a writer and speaker who has been open about her struggles with eating disFree Downloads. She is the author of the memoir Brain Candy, which was published in 2020. Timmons is a passionate advocate for eating disFree Download awareness and recovery. She speaks to audiences around the country about her experiences and offers hope to others who are struggling.

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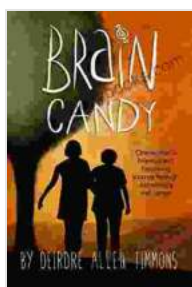
Brain Candy is available for Free Download on Our Book Library, Barnes & Noble, and other major retailers. You can also Free Download a signed copy of the book from Deirdre Timmons's website.

Praise for Brain Candy

"Brain Candy is a powerful and inspiring memoir. Timmons's story is a reminder that eating disFree Downloads are a serious mental illness, but they can be overcome." - The New York Times

"Timmons's memoir is a must-read for anyone who has struggled with an eating disFree Download or knows someone who has." - The Washington Post

"Brain Candy is a beautifully written and deeply personal memoir. Timmons's story is one of hope and healing, and it will inspire readers to seek help if they are struggling with an eating disFree Download." - The Huffington Post



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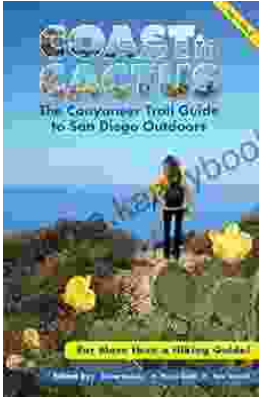
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