



Book of Hope: Stories of love, courage and recovery from families who have battled eating disorders

Sue Huff

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“While she struggled to learn to eat again, I was starving for stories of hope.” Sue’s daughter was diagnosed with anorexia at the age of 14. Baffled and afraid, Sue realized she needed to connect with other families who understood the journey. This book is the result: a powerful collection of stories, told from the perspective of both the individuals with eating disorders and the parent(s) who walked the path of recovery with them. As well, Sue weaves her own family’s story of recovery, with its many twists and turns, including Sue being diagnosed with breast cancer at the same time. Bravely honest and compelling, *Book of Hope* provides a lighthouse for families facing an eating disorder and keen insight for any doctor, teacher, coach, friend or loved one who wants to understand eating disorders and provide support.

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