



Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir

By Brittany Burgunder

Download now

Read Online ➔

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder

Imagine struggling with anorexia for seven years and finding yourself in the hospital weighing 56 pounds at 20 years old. Your parents are planning your funeral, and you are given little chance to live.

Fast-forward one year. You are now 221 pounds and obese.

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders is Brittany Burgunder's raw and captivating memoir of her 10-year battle with three forms of severe eating disorders -- anorexia, binge eating, and bulimia. Taken from her extensive journals, she shares her uncensored and disturbing story of fear, sadness, chaos, disbelief, and darkness. In the end, though, her first-person account gives a message of hope and triumph.

Safety in Numbers is a brutally honest and unique account highlighting a profound struggle at both ends of the weight spectrum with eating disorders. Brittany's battle shows that a happy and healthy life is possible no matter how hopeless the situation may seem. It provides a firsthand look into an unthinkable journey that will mesmerize, move, and inspire readers. Ultimately, it is a story of survival and strength -- no matter what the struggle.

↓ [Download Safety in Numbers: From 56 to 221 Pounds, My Battl ...pdf](#)

📄 [Read Online Safety in Numbers: From 56 to 221 Pounds, My Bat ...pdf](#)

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir

By Brittany Burgunder

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder

Imagine struggling with anorexia for seven years and finding yourself in the hospital weighing 56 pounds at 20 years old. Your parents are planning your funeral, and you are given little chance to live.

Fast-forward one year. You are now 221 pounds and obese.

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders is Brittany Burgunder's raw and captivating memoir of her 10-year battle with three forms of severe eating disorders -- anorexia, binge eating, and bulimia. Taken from her extensive journals, she shares her uncensored and disturbing story of fear, sadness, chaos, disbelief, and darkness. In the end, though, her first-person account gives a message of hope and triumph.

Safety in Numbers is a brutally honest and unique account highlighting a profound struggle at both ends of the weight spectrum with eating disorders. Brittany's battle shows that a happy and healthy life is possible no matter how hopeless the situation may seem. It provides a firsthand look into an unthinkable journey that will mesmerize, move, and inspire readers. Ultimately, it is a story of survival and strength -- no matter what the struggle.

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder
Bibliography

- Sales Rank: #51383 in Books
- Published on: 2016-02-15
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x 1.00" w x 5.98" l, 1.44 pounds
- Binding: Paperback
- 450 pages

 [Download Safety in Numbers: From 56 to 221 Pounds, My Battl ...pdf](#)

 [Read Online Safety in Numbers: From 56 to 221 Pounds, My Bat ...pdf](#)

Download and Read Free Online Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder

Editorial Review

Review

"It's a complicated, heartbreaking tale but also hopeful because she's on the road to recovery."

-Cosmopolitan

"Brittany is now healthy after surviving the debilitating disease and is on a mission to share her heart-wrenching story with the world."

-New York Post

"Now, healthy, Brittany wants to share her journey in the hope of helping others."

-Daily Mail

"She soldiers on, and is attempting, through telling her story, to inspire others not to give up hope."

-Marie Claire

"This woman is sharing her shocking battle with eating disorders. She went from 56 to 221 pounds in just a few months."

-Good Housekeeping

"She went from 56 lbs to 221 lbs. A glimpse into Brittany Burgunder's life is unlike anything you've ever seen."

-JumbleJoy

"This is scary. Brittany Burgunder has lived through anorexia, bulimia, binge eating, and exercise addiction. ... Luckily, Brittany is healthy now, and is sharing her story with others."

-CBS Local Media

From the Back Cover

"At the lowest point in her struggle, Brittany was able to surrender, make illness her ally, and summon the courage to take the inner emotional journey that every healing experience requires."

-Dr. Habib Sadeghi, co-founder of the International College of Spiritual Nutrition; author

"Brittany fought through some of her darkest battles, yet is releasing such love and hope for others going through this world with scars of fear and doubt...."

-Jon Anderson, uncle and singer/songwriter

About the Author

Brittany Burgunder is a psychology student at Cal Poly and enjoys playing tennis and riding horses. She looks to inspire others to believe in and love themselves above all else.

Visit: brittanyburgunder.com

Users Review

From reader reviews:

Rachel Robertson:

Nowadays reading books become more than want or need but also get a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge your information inside the book that improve your knowledge and information. The info you get based on what kind of e-book you read, if you want attract knowledge just go with education books but if you want really feel happy read one using theme for entertaining like comic or novel. The Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir is kind of publication which is giving the reader capricious experience.

Earl Martinez:

Reading a e-book tends to be new life style in this era globalization. With reading you can get a lot of information that will give you benefit in your life. Using book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. Lots of author can inspire their particular reader with their story as well as their experience. Not only situation that share in the publications. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors nowadays always try to improve their skill in writing, they also doing some study before they write for their book. One of them is this Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir.

Paulette Wang:

Do you like reading a reserve? Confuse to looking for your chosen book? Or your book was rare? Why so many question for the book? But virtually any people feel that they enjoy with regard to reading. Some people likes reading, not only science book but also novel and Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir or others sources were given understanding for you. After you know how the good a book, you feel need to read more and more. Science book was created for teacher or students especially. Those guides are helping them to put their knowledge. In different case, beside science guide, any other book likes Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir to make your spare time considerably more colorful. Many types of book like this one.

Marilynn Johnson:

Reading a guide make you to get more knowledge from this. You can take knowledge and information from the book. Book is composed or printed or illustrated from each source which filled update of news. On this modern era like now, many ways to get information are available for you actually. From media social such as newspaper, magazines, science publication, encyclopedia, reference book, book and comic. You can add your understanding by that book. Are you ready to spend your spare time to open your book? Or just seeking the Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir when you necessary it?

**Download and Read Online Safety in Numbers: From 56 to 221
Pounds, My Battle with Eating Disorders -- A Memoir By Brittany
Burgunder #PZ4N85W32QI**

Read Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder for online ebook

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder books to read online.

Online Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder ebook PDF download

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder Doc

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder Mobipocket

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder EPub

PZ4N85W32QI: Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir By Brittany Burgunder