



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

By Brittany Burgunder

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## 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.

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*By Brittany Burgunder*

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

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### **Editorial Review**

#### **Review**

"It's a complicated, heartbreakin 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.

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