



Running on Empty: A Novel about Eating Disorders for Teenage Girls (Lucky Duck Books)

Anna Paterson

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'I would recommend **Running on Empty** to young people suspecting they or someone they know may have an eating disorder' - *Signpost*

'The book is easy to read and deals with the issue of eating disorders in a matter of fact style, offering sensible advice' - *Educational Psychology in Practice*

'A book to recommend to any young person to increase understanding, as well as to sufferers, their families and friends' - *Times Educational Supplement*

WINNER OF TES/NASEN BEST ACADEMIC BOOK AWARD 2002

Running on Empty is a fictional work about three teenage girls who have some eating problems. Anna Paterson, who runs a support Internet service, has drawn on her extensive experience to explore the different effects on each girl. She describes the difficulties they face as secrets are disclosed and treatment is embarked upon.

Anna's hope is that young people who suffer from an eating disorder anorexia, bulimia or bingeing will recognise the condition, feel safer talking to someone and that the stories will provide a means of support. It is also a useful book for peers who are free of eating difficulties but who can gain insight and compassion

from the book. An essential teenage read.

This is Anna's third book about eating disorders.

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