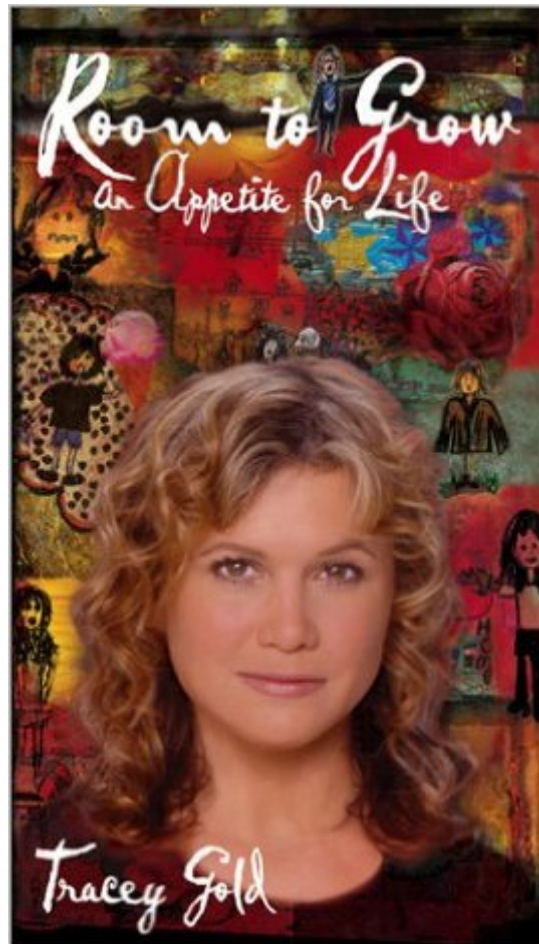


The book was found

Room To Grow: An Appetite For Life



Synopsis

Tracey Gold was well known to television audiences in the 80s as the wholesome teenage sister on the long-running series *Growing Pains*. She co-starred for seven years alongside Kirk Cameron as brainy sister Carol Seaver in a picture-perfect American family. A working actress since the age of 4, she was a pretty and professional young star with a limitless future. But behind the smiles Tracey was fighting the battle of her life. Ten years have passed since photos of the shockingly thin Tracey faced us from the cover of one of *People's* bestselling issues ever. "I always knew there'd come a day in the future, when I was far away from the media glare, when I'd have the proper time and perspective to process all I went through. Now there are many trained experts in the field of anorexia and eating disorders; and there are a lot of girls who struggle with it. I have both: the knowledge and the experience. I want this book to be something girls can turn to for help; something they can pick up and hold, a source of comfort and encouragement. It is for every sister, daughter, or friend whose life has been touched by anorexia nervosa. My celebrity has provided me a forum from which I can help others."

Book Information

Hardcover: 192 pages

Publisher: New Millennium Press (February 2003)

Language: English

ISBN-10: 189322466X

ISBN-13: 978-1893224667

Product Dimensions: 9.4 x 5.3 x 0.9 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #1,617,333 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #66 in [Books > Teens > Personal Health > Diet & Nutrition](#) #4443 in [Books > Biographies & Memoirs > Arts & Literature > Television Performers](#)

Customer Reviews

As a sufferer of an eating disorder myself, I have come to admire Tracey Gold and her recovery from anorexia, and always like to watch her share her triumph over anorexia on TV specials, so I was beyond thrilled when I realized that she had a book out. But frankly, the book is not what I expected it to be, and is disappointing in a number of ways. Tracey makes a big deal at the beginning of the book about how this book would in NO way be a how-to guide for other girls to

learn how to be anorexic, but too bad she didn't practice what she preached. At one point, she talks about a book on anorexia called "the best little girl in the world" and goes on to say how the book practically became her bible and she read it frequently and carried it around with her everywhere. Now, for anyone who hasn't yet read that particular book, let me tell you that the book is less an anti-eating disorder book, and more of a pro-ana type of book, because the character in the book is basically the perfect anorexic, and the author seems to glorify her for it. So anyway, for all of Tracey's talk about not wanting her book to be a how-to guide, I really don't understand what she was thinking when she chose to talk about "the best little girl in the world" one of the biggest trigger books out there, and then go so far as to talk about how it was her bible and such. If she really felt it was necessary to talk about the book, I think she could have at least disingenuously excluded the title of the book. Another thing, Tracey spends more time talking about how she developed anorexia, and what steps led into her anorexia, and less time describing her recovery from it. She reveals nothing about what went on during her therapy sessions with dr.

[Download to continue reading...](#)

Room to Grow: An Appetite for Life Grow Fruit Indoors Box Set: 22 Cultivating Tips to Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips How to ... Set, Grow Fruit Indoors, Gardening Tips) Your Appetite Switch: Master Your Eating & Free Your Life 10 Minute Feng Shui Room by Room: Hundreds of Easy Tips and Techniques for Prosperity, Health and Happiness The Western Guide to Feng Shui: Room by Room Instrumentation for the Operating Room: A Photographic Manual, 6e (Instrumentation for the Operating Room (Brooks-T)) A Change of Appetite LOW CARB: The Complete Newbie Guide: Recipes & Meal Plans: How to Have Long Term Success On A Low Carb Diet (Weight Loss, Atkins Diet, Appetite, Fat Loss, Low Carbohydrate) The Carb Sensitivity Program: Discover Which Carbs Will Curb Your Cravings, Control Your Appetite, and Banish Belly Fat Appetite for America: How Visionary Businessman Fred Harvey Built a Railroad Hospitality Empire That Civilized the Wild West Wicked Appetite (Lizzy & Diesel Book 1) Insatiable Appetite: The United States and the Ecological Degradation of the Tropical World (Exploring World History) Farming In Your Backyard for Beginners Vol.2 - Use Proven Strategies to Grow Plants, Herbs, and Food in Your Backyard Easily (Best Guide To Grow Organic ... Farming, Backyard Farming Strategies) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) How to Get Taller: Grow Taller By 4 Inches In 8 Weeks, Even After Puberty! (Grow Taller Naturally) (Volume 1) BUSINESS: Business Marketing, Innovative Process How To Startup, Grow And Build Your New Business As Beginner,

Step By Step Online Guide How To Effective ... Grow And Build Business As Beginner) Grow African American Hair Long - 7 Days To Faster Growing Hair: Grow Hair Fast Methods and Natural Treatments for Balding How Tulips Grow/Como Crecen Los Tulipanes (How Plants Grow/Como Crecen Las Plantas) (Spanish Edition) Escaping the Endless Adolescence: How We Can Help Our Teenagers Grow Up Before They Grow Old Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life)

[Dmca](#)