



# By Her Side: Eating Disorders and the Joy of Recovery for Young Women

*Deborah P. Schone, Shelby L. Evans*

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"I wish someone would make me stop!"

Kristin Haroldsen, a beautiful, talented, and charming girl of sixteen struggled with bulimia until, tragically, her eating disorder took her life. Using actual journal entries, Deborah Schone, Kristin's best friend, re-creates her story and shares how Kristin's eating disorder changed the lives of her friends, her family, and thousands of people since that tragic day more than twenty-five years ago.

For those who also find themselves by the side of a loved one struggling with an eating disorder, but are at a loss as to what to do, what to say, or where to turn for help, *By Her Side* offers a powerful, motivating resource.

With an intimate portrait of the impact of eating disorders on all those around the victim, *By Her Side* explores the reality of eating disorders and the damage and devastation that can come if they go untreated. Family members and friends affected by the loss of a loved one share their personal and intimate accounts of losing someone at an early age as a result of eating disorder behaviors. Kristin's story is supported by educational information from Shelby Evans, a certified Substance Use Disorder Counselor, allowing the reader to gain insight and answers as well as access to resources for those seeking help. *By Her Side* also offers hope found in the inspiring story of a nurse who overcame her eating disorder and moved on to live a successful and happy life.

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