



An Apple a Day: A Memoir of Love and Recovery from Anorexia

Emma Woolf

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I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat. Remember when Kate Moss said, 'Nothing tastes as good as skinny feels'? She's wrong: chocolate does.

For Christmas I'm giving myself a fresh start. I have to get some extra pounds of weight under my belt; I want to make next year the year that everything changes.

At the age of 32, after ten years of hiding from the truth, Emma Woolf finally decided it was time to face the biggest challenge of her life. Addicted to hunger, exercise and control, she was juggling a full-blown eating disorder with a successful career, functioning on an apple a day.

Having met the man of her dreams (and wanting a future and a baby together), she decided it was time to stop starving and start living. And as if that wasn't enough pressure, Emma also agreed to chart her progress in a weekly column for The Times. Honest, hard-hitting and yet romantic, *An Apple a Day* is a manifesto for the modern generation to stop starving and start living. This compelling, life-affirming true story is essential reading for anyone affected by eating disorders (whether as a sufferer or ally), anyone interested in health and social issues – and for medical and health professionals.

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