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Recommended by BTS Members!

**BTS Books Why Reading Books Keeps You Broke Is Reading Fiction a Waste of Time?** ~~The Reading Cure How Books~~

'The Reading Cure: How Books Restored My Appetite' is a memoir

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Restored My Appetite by Laura Freeman. Given that this is a book that explains how the author helped overcome an eating disorder by reading about food, initially I found the title concerning.

~~The Reading Cure: How Books Restored My Appetite by Laura ...~~  
Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope.

~~The Reading Cure: How Books Restored My Appetite: Freeman ...~~  
Book by book, meal by meal, Laura developed an appetite and discovered

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an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness; about addiction, obsession and recovery; and about the way literature and food can restore appetite and renew hope."--Publisher's description.

~~The reading cure : how books restored my appetite (Large ...~~

The author takes the reader on a rollercoaster ride in her quest to find a cure for her battle with anorexia nervosa, the anorexic mind, through drawing similarities from reading classic literature by Charles Dickens, Roald Dahl, among others.

~~The Reading Cure. How Books Restored My Appetite | Nursing ...~~

The Reading Cure is her first book and it's a brave bid to describe "the

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chaos, misery and misrule of an anorexic's thinking" and how she found the inspiration to start eating and enjoying ...

~~The Reading Cure by Laura Freeman—  
review: a brave bid to ...~~

The Reading Cure: How Books Restored My Appetite by Freeman, Laura Book The Fast. \$11.77. Free shipping . Laura Freeman-Reading Cure (UK IMPORT) BOOK NEW.

\$13.80 + \$3.92 shipping .

CASPARY, VERA-LAURA (UK IMPORT) BOOK NEW. \$14.85. Free shipping .

~~Laura Freeman Reading Cure (UK  
IMPORT) BOOK NEW ...~~

Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The

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~~Reading Cure~~ is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope

~~BOOK REVIEW: The Reading Cure: How Books Restored My ...~~

Books similar to The Reading Cure: How Books Restored My Appetite The Reading Cure: How Books Restored My Appetite. by Laura Freeman. 4.05 avg. rating · 311 Ratings. At the age of fourteen, Laura Freeman was diagnosed with anorexia. She had seized the one aspect of her life that she seemed able to control, and struck different foods from her ...

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For Kate, who has suffered from severe rheumatoid arthritis for 30 years, the answer is clear: "Reading pushes the pain away into a place where it no longer seems important. No matter how ill you...

~~Blake Morrison on the healing power of reading | Books ...~~

The Reading Cure is a book for the bookish, for those hungry for self-knowledge, or for those who are just hungry. (Daniel Johnson STANDPOINT ) In its subtle, undogmatic way, The Reading Cure is a tale of joy winning against piety, and the triumph of life over death... both a stimulating argument for the power of fiction as a force for personal change and a wise memoir of anorexia.

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~~Restored My Appetite: Amazon ...~~

Anyone who has read the books can veto them. The group then narrows the selection down to three and votes. As a reading group participant, you will find yourself involved in a perpetual search for...

~~The Reading Cure — Mother Jones~~

The Reading Cure is a book for the bookish, for those hungry for self-knowledge, or for those who are just hungry. -- Daniel Johnson \*

STANDPOINT \* -- Daniel Johnson \*

STANDPOINT \* In its subtle, undogmatic way, The Reading Cure is a tale of joy winning against piety, and the triumph of life over death... both a stimulating argument for the power of fiction as a force for personal change and a wise memoir of anorexia.

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~~The Reading Cure By Laura Freeman  
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The Reading Cure: How Books Restored My Appetite . Laura Freeman. News; Back. ... The books are shelved in glass-fronted cases, alphabetically and by subject. High, shuttered windows give a view of the sea, a garden square, or chalk downland. There is an armchair, with a table and lamp, and a polished top stacked with favourite titles. In an ...

~~The Reading Cure: How Books Restored My Appetite an ...~~

Book review: The Reading Cure: How Books Restored My Appetite by Laura Freeman. Laura Freeman reveals how, gripped by anorexia, literature got her eating again. Review by Jackie Annesley.

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~~Book review: The Reading Cure: How Books Restored My ...~~

**Bibliotherapy: How Books Can Treat Anxiety, Depression** Any avid reader will attest to the emotional high that occurs when reading a book that beautifully describes their exact predicament. This could explain the swaths of high school students singing Holden Caulfield's praises, only to shyly retract their admiration just a few years later.

~~Bibliotherapy: How Books Can Treat Anxiety, Depression ...~~

**Review: The Reading Cure: How Books Restored My Appetite** by Laura Freeman — a novel solution to anorexia This writer describes vividly the scourge of anorexia and how reading taught her to eat ...

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~~Review: The Reading Cure: How Books Restored My Appetite ...~~

A slow cure for book abuse. I stand up and confess to a sordid, needy addiction to reading to escape the world rather than engage with literature ... Reading addiction is so dangerous because it's ...

~~A slow cure for book abuse | Fiction | The Guardian~~

Book by book, meal by meal, Laura developed an appetite and discovered an entire library of reasons to live. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope. Read by Laura Freeman.

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The stories that shape our children's lives are too important to be left to chance. With *The Story Cure*, bibliotherapists Ella Berthoud and Susan Elderkin have put together the perfect manual for grown-ups who want to initiate young readers into one of life's greatest pleasures. There's a remedy for every hiccup and heartache, whether it's between the covers of a picture book, a pop-up book, or a YA novel. You'll find old favourites like *The Borrowers* and *The Secret Garden* alongside modern soon-to-be classics by Michael Morpurgo, Malorie Blackman and Frank Cottrell-Boyce, as well as helpful lists of the right reads to fuel any obsession - from dogs or dinosaurs, space or spies. Wise and witty, *The Story Cure*

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will help any small person you know through the trials and tribulations of growing up, and help you fill their bookshelves with adventure, insight and a lifetime of fun.

How we spend our time is one of the greatest indicators of how successful we will be. We achieve our goals when we ruthlessly prioritise tasks and people that are important to us. If we focus our time, energy and attention on the wrong things we will never achieve the success or happiness that we aspire to. The problem is that these wrong things, the low value, low impact tasks that distract us from our priorities, are hard to ignore. They scream out at us all day: digital distractions, other people's urgent demand for 'five minutes' that's never five minutes, the meetings that you

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Shouldn't be in, the pointless email chains, the reports you write that don't get read. We get a dopamine hit from ticking these tasks off a list. It's got us hooked on crazy busyness. But all we are doing is scratching off a layer of fake work on top of the real, valuable work. The Crazy Busy Cure is full of intensely practical tips to save people from this addiction and instead become productive again. Jammed with practical productivity solutions to use immediately, the book introduces concepts such as being like lions and chasing antelopes not field mice; Lawn Mower Managers who clear the path not clog it; the PIMP process for prioritisation and the Head Space model for understanding where your time goes. In this lively read, executive coach and organisational psychologist Zena Everett draws from her many

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thousands of hours and coaching and speaking to people and organisations about productivity blockers and how to shift them. She advises how to manage other people's work as well as your own and explains how these practices apply to virtual working, including chapters on staying energised and productive when working remotely and influencing on Zoom. The chapter on neurodiversity also offers productivity hacks for people with learning and thinking differences like dyspraxia and attention deficit disorder. Read this book and regain your productivity.

A collection of cures for writer's block, plotting and characterization issues, and other ailments writers face when completing a novel or memoir, prescribed by the director of creative

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writing at Ohio University. People want to write the book they know is inside of them, but they run into stumbling blocks that trouble everyone from beginners to seasoned writers.

Drawing on his years of teaching at both the university level and at writing workshops across the country, Professor Dinty W. Moore dons his book-doctor hat to present an authoritative guide to curing the issues that truly plague writers at all levels. His hard-hitting handbook provides inspiring solutions for diagnoses such as character anemia, flat plot, and silent voice, and is peppered with flashes of Moore's signature wit and unique take on the writing life.

A novel is a story, a collection of experiences transmitted from the mind of one to the mind of another. It offers

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Restorably Approach a way to unwind, a way to focus, a way to learn about life—distraction, entertainment, and diversion. But it can also be something much more powerful. When read at the right time in your life, a novel can—quite literally—change it. The Novel Cure is a reminder of that power. To create this apothecary, the authors have trawled through two thousand years of literature for the most brilliant minds and engrossing reads. Structured like a reference book, it allows readers to simply look up their ailment, whether it be agoraphobia, boredom, or midlife crisis, then they are given the name of a novel to read as the antidote.

Richard Mabey is the author of numerous books on Britain's ecology, including the best-selling *Flora Britannica* and the *Whitbread Prize-*

# Download File PDF The Reading Cure How Books winning Gilbert White (Virginia).

A rigorous, skeptical, deeply reported look at the new science behind the mind's surprising ability to heal the body. Have you ever felt a surge of adrenaline after narrowly avoiding an accident? Salivated at the sight (or thought) of a sour lemon? Felt turned on just from hearing your partner's voice? If so, then you've experienced how dramatically the workings of your mind can affect your body. Yet while we accept that stress or anxiety can damage our health, the idea of "healing thoughts" was long ago hijacked by New Age gurus and spiritual healers. Recently, however, serious scientists from a range of fields have been uncovering evidence that our thoughts, emotions and beliefs can ease pain, heal wounds, fend off

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Recover My Apper  
infection and heart disease and even slow the progression of AIDS and some cancers. In *Cure*, award-winning science writer Jo Marchant travels the world to meet the physicians, patients and researchers on the cutting edge of this new world of medicine. We learn how meditation protects against depression and dementia, how social connections increase life expectancy and how patients who feel cared for recover from surgery faster. We meet Iraq war veterans who are using a virtual arctic world to treat their burns and children whose ADHD is kept under control with half the normal dose of medication. We watch as a transplant patient uses the smell of lavender to calm his hostile immune system and an Olympic runner shaves vital seconds off his time through mind-power alone. Drawing on the very

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latest research, Marchant explores the vast potential of the mind's ability to heal, lays out its limitations and explains how we can make use of the findings in our own lives. With clarity and compassion, *Cure* points the way towards a system of medicine that treats us not simply as bodies but as human beings. A New York Times Bestseller Finalist for the Royal Society Insight Investment Science Book Prize Longlisted for the Wellcome Book Prize

LOS ANGELES TIMES AND  
PUBLISHERS WEEKLY

**BESTSELLER** • The powerful memoir of a young doctor and former college athlete diagnosed with a rare disease who spearheaded the search for a cure—and became a champion for a new approach to medical research. “A

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wonderful and moving chronicle of a doctor's relentless pursuit, this book serves both patients and physicians in demystifying the science that lies behind medicine."—Siddhartha Mukherjee, *New York Times* bestselling author of *The Emperor of All Maladies* and *The Gene* David Fajgenbaum, a former Georgetown quarterback, was nicknamed the Beast in medical school, where he was also known for his unmatched mental stamina. But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled by his condition, which they had yet to even diagnose. Floating in and out of consciousness, Fajgenbaum prayed for a second chance, the equivalent of a dramatic

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played to second the game into overtime. Miraculously, Fajgenbaum survived—only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman disease, an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disorder. When he relapsed while on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: Between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends, and mentors, he also reached out to other Castleman disease patients and physicians, and

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eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them. Instead of waiting for the scientific stars to align, he would attempt to align them himself. More than five years later and now married to his college sweetheart, Fajgenbaum has seen his hard work pay off: A treatment he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His incredible story demonstrates the potency of hope, and what can happen when the forces of determination, love, family, faith, and serendipity collide. Praise for *Chasing My Cure* “A page-turning chronicle of living, nearly dying, and discovering what it really means to

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be invincible in hope.”—Angela Duckworth, #1 New York Times bestselling author of *Grit* “[A] remarkable memoir . . . Fajgenbaum writes lucidly and movingly . . . Fajgenbaum’s stirring account of his illness will inspire readers.”—Publishers Weekly

'This hypnotic debut novel brilliantly captures the unease of our times.'  
Jane Caro 'Wildly entertaining and frighteningly plausible.'  
James Bradley 'A whip smart thriller with big ideas and big heart.'  
Steven Amsterdam A pandemic is racing through our world, changing people subtly but irrevocably. The first sign for some is losing their faith. For others it comes as violent outpourings of creativity, reckless driving and seeing visions. Scientist Charlotte Zinn is close to a

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cure when her partner becomes infected. Overnight her understanding of the disease is turned upside down. Should she change the path of evolution? As Australia is torn apart, reporter Brigid Bayliss is determined to uncover the dark truth behind the religious response to the outbreak. Brigid and Charlotte find themselves on the frontline of a world splintering into far left and far right, with unexpected power to change the course of history. But at what cost? Dark, thrilling and compulsively readable, *The Second Cure* is a provocative debut about control, courage and belief.

“A gripping, sinister fable!” —Margaret Atwood, via Twitter  
ONE OF THE BEST BOOKS OF THE YEAR: NPR • GLAMOUR • GOOD

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HOUSEKEEPING • LIT HUB •

THRILLIST King has tenderly staked out a territory for his wife and three daughters, Grace, Lia, and Sky. Here on his island, women are protected from the chaos and violence of men on the mainland. The cult-like rituals and therapies they endure fortify them from the spreading toxicity of a degrading world. But when King disappears and two men and a boy wash ashore, the sisters' safe world begins to unravel. Over the span of one blistering hot week, a psychological cat-and-mouse game plays out. Sexual tensions and sibling rivalries flare as the sisters are forced to confront the amorphous threat the strangers represent. A haunting, riveting debut, *The Water Cure* is a fiercely poetic feminist revenge fantasy that's a startling reflection of our time.

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