



Im Banne der Essstörung (German Edition)

Carmen Rauscher

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Hungern, fressen, kotzen, Angst, Hilflosigkeit, Verzweiflung: So sah mein Alltag aus. Zwänge, Rituale und selbstzerstörerische Gedanken machten mein Leben zur Hölle. Mit dem Streben nach dem Schönheitsideal entfernte ich mich mehr und mehr von mir selbst. In Folge hatte mich die Essstörung unter Kontrolle. Die Kontrolle über mein Leben hatte ich verloren. Im Banne der Essstörung musste ich tagtäglich qualvolle seelische und körperliche Leiden ertragen, bis ich das Endstadium erreicht hatte.

Mit meinem Buch möchte ich Betroffenen eine Hilfestellung vor, während und nach Ihrer Krankheit geben. Auch Angehörige und andere Interessierte erhalten durch mein Buch Einblicke in diese schwere Erkrankung und können diese dann besser verstehen.

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