



Raw: The Diary of an Anorexic (Harper True Life - A Short Read)

Lydia Davies

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Lydia was 19 years old and enjoying university with a loving family and great friends when she became anorexic. The doctors told her that she would die. This is Lydia's account of what anorexia did to her, how it changed her and how it impacted on her family, friends and all her choices in life. Her story is told through letters and blogs that Lydia wrote at the best and worst of times, notes from her parents and friends desperately trying to find a way through to her and doctors notes with the horrific exacting details. Lydia is now 23 and 'recovering'. She strongly believes that recovery is possible, and feels she is almost there. She wrote her book to explain her deepest thoughts and to explain the painful mental torture that she endured and overcame. And she wrote it in the hope that others suffering would relate to it, and that other families watching their loved ones will be touched and understand more deeply how an eating disorder really feels.

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