



Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder

Barbara Hale-Seubert

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Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder Barbara Hale-Seubert

A young girl's fatal, decade-long struggle with anorexia and bulimia is chronicled from her mother's perspective in this heartbreaking memoir. Barbara Hale-Seubert tried to cope with grief, fear, and powerlessness as her daughter suffered through these diseases, and she kept a journal of their experiences as a form of therapy. These entries are the basis for a raw and revealing narrative, meant to offer other parents the comfort that comes with knowing they are not alone, the strength to help their children through the agony of eating disorders, and the grace to learn to surrender what is out of their control.

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