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Weighing it Up

By Ali Valenzuela

Hachette Children's Group. Paperback. Book Condition: new. BRAND NEW, Weighing it Up, Ali Valenzuela, When Ali Valenzuela was 14, she started to exercise obsessively and limit her food intake - all following an incident which completely undermined her self-confidence. By the time she was 18 - and sitting A-level exams - her weight had fallen below 40kg (less than 6 stone) and was on the brink of death. At that point she was admitted to hospital, but had to be sent to a private hospital in Bristol as there were no appropriate facilities nearer home (Swansea). She spent 3 months there - although her local health authority would guarantee funding for only 6 weeks at a time. Since she left hospital, Ali has got involved in campaigning for proper facilities for treating eating disorders, has been doing temp jobs, and has a place at university when she is strong enough to take it up. Ali has written this book, based on her own diaries, because: 'I want people to understand that there is more to anorexia than looking thin; this is an illness that will destroy the lives of the sufferer and all who care for the sufferer, and the...



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