



You're Not Alone

Dr. Genie Burnett

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You're Not Alone...in your struggle against the negative thoughts about your body...when you fear that you may have "crossed the line" regarding eating habits or over-exercise...or when you just feel down about how you believe others see you. You're Not Alone is for YOU - the woman who believes that the extra 5 pounds are preventing her from being successful, the child who is transitioning into a "new body" in her teen years, or the boy who feels that he needs to have a better physique in order to be "cool enough" to fit in with the soccer team. Written by those in recovery from their eating disorders, You're Not Alone is designed to encourage, inspire, and support those who feel unlovable because of their body, or that they simply aren't "good enough." It's for those who are in different stages of their lives, as an encouragement about their changing bodies and how uncomfortable it can feel. We at Manna Fund want you to know that You're Not Alone!

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Malcolm Khan:

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