



Not All Black Girls Know How to Eat: A Story of Bulimia

Stephanie Covington Armstrong

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Stephanie Covington Armstrong does not fit the stereotype of a woman with an eating disorder. She grew up poor and hungry in the inner city. Foster care, sexual abuse, and overwhelming insecurity defined her early years. But the biggest difference is her race: Stephanie is black.

In this moving first-person narrative, Armstrong describes her struggle as a black woman with a disorder consistently portrayed as a white woman's problem. Trying to escape her selfhatred and her food obsession by never slowing down, Stephanie becomes trapped in a downward spiral. Finally, she can no longer deny that she will die if she doesn't get help, overcome her shame, and conquer her addiction to using food as a weapon against herself.

For more information about the book and eating disorders, visit www.notallblackgirls.com

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Donald Worsley:

Not All Black Girls Know How to Eat: A Story of Bulimia can be one of your nice books that are good idea. We all recommend that straight away because this reserve has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to place every word into joy arrangement in writing Not All Black Girls Know How to Eat: A Story of Bulimia nevertheless doesn't forget the main level, giving the reader the hottest as well as based confirm resource facts that maybe you can be one of it. This great information may drawn you into completely new stage of crucial considering.

Cheryl Grosvenor:

Is it a person who having spare time subsequently spend it whole day through watching television programs or just resting on the bed? Do you need something totally new? This Not All Black Girls Know How to Eat: A Story of Bulimia can be the reply, oh how comes? It's a book you know. You are consequently out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these guides have than the others?

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