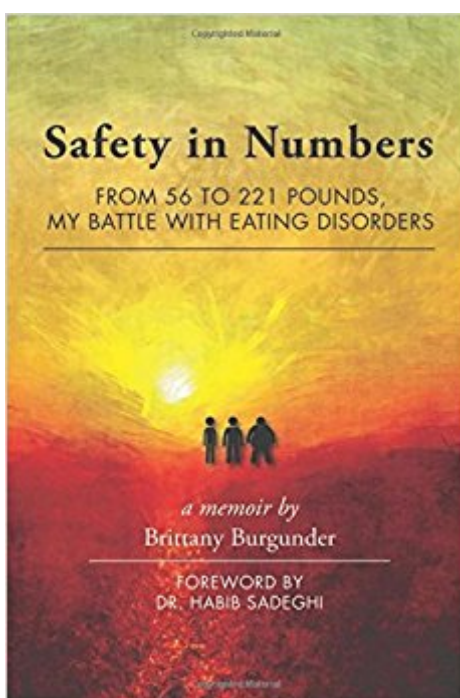


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# Safety In Numbers: From 56 To 221 Pounds, My Battle With Eating Disorders -- A Memoir



## Synopsis

Imagine struggling with anorexia for seven years and finding yourself in the hospital weighing 56 pounds at 20 years old. Your parents are planning your funeral, and you are given little chance to live. Fast-forward one year. You are now 221 pounds and obese. Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders is Brittany Burgunder's raw and captivating memoir of her 10-year battle with three forms of severe eating disorders -- anorexia, binge eating, and bulimia. Taken from her extensive journals, she shares her uncensored and disturbing story of fear, sadness, chaos, disbelief, and darkness. In the end, though, her first-person account gives a message of hope and triumph. Safety in Numbers is a brutally honest and unique account highlighting a profound struggle at both ends of the weight spectrum with eating disorders. Brittany's battle shows that a happy and healthy life is possible no matter how hopeless the situation may seem. It provides a firsthand look into an unthinkable journey that will mesmerize, move, and inspire readers. Ultimately, it is a story of survival and strength -- no matter what the struggle.

## Book Information

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## Customer Reviews

"It's a complicated, heartbreaking tale but also hopeful because she's on the road to recovery." -Cosmopolitan "Brittany is now healthy after surviving the debilitating disease and is on a mission to share her heart-wrenching story with the world." -New York Post "Now, healthy, Brittany wants to share her journey in the hope of helping others." -Daily Mail "She soldiers on, and is attempting, through telling her story, to inspire

others not to give up hope."-Marie Claire "This woman is sharing her shocking battle with eating disorders. She went from 56 to 221 pounds in just a few months." -Good Housekeeping "She went from 56 lbs to 221 lbs. A glimpse into Brittany Burgunder's life is unlike anything you've ever seen." -JumbleJoy "This is scary. Brittany Burgunder has lived through anorexia, bulimia, binge eating, and exercise addiction. ... Luckily, Brittany is healthy now, and is sharing her story with others."-CBS Local Media

"At the lowest point in her struggle, Brittany was able to surrender, make illness her ally, and summon the courage to take the inner emotional journey that every healing experience requires." -Dr. Habib Sadeghi, co-founder of the International College of Spiritual Nutrition; author "Brittany fought through some of her darkest battles, yet is releasing such love and hope for others going through this world with scars of fear and doubt...." -Jon Anderson, uncle and singer/songwriter

After receiving "Safety in Numbers" one recent afternoon, I started reading it and couldn't put down the book until I finished it into the early morning hours of the following day! The book is mainly made up of Brittany Burgunder's journals from when she struggled with anorexia, BED, and bulimia over the course of several years. These journals contain such real, raw emotion, showcasing thoughts of both hopefulness and hopelessness (sometimes within the same entry) that are often characteristic of eating disorders; losing the in-control, restrictive behaviors and identity of an anorexic; her time spent in treatment centers and fat camps; the dissociation of herself while struggling with binge eating; her desperate compensatory methods; her trying to find balance; the metaphorical "ED voice" (or dark side of oneself) that drove the anorexia, BED, AND the bulimia; and then, eventually showing her find the light at the end of the tunnel whenever her binge eating and compensatory behaviors extinguish, and she learns to find balance and acceptance within her boundaries with eating and with others, her weight struggles, and her life. Burgunder's book provides a message of hope and reality, and also one that shows no matter how low you're been (on either side of the scale), no matter how much mental and physical pain you've experienced with eating disorders, no matter how long you've struggled, there is a light at the end of the tunnel. Some may struggle longer to find it, but if an eating disordered individual gives their all to getting out of the hell and continues pushing through, they will come out of it much stronger than what they could have ever imagined possibly being. Burgunder writes as if she is decades above her age (around mid-twenties) in wisdom, making the book all the more inspiring and touching.

From Brittany Burgunder comes the compelling story of a young woman's struggle with eating disorders. This book is comprised of Burgunder's journals from when she struggled with Anorexia, Binge Eating Disorder, and Bulimia over several years. Burgunder maintains the journal format in the publishing of this book so it is interesting to read her journal entries on a daily basis. Once I started reading this book I couldn't put it down. It was a fascinating read from beginning to finish. Burgunder's book showcases the true struggle with eating disorders, including the hopeless, the restrictive behaviors, compensatory methods as well as the metaphorical "ED" voice. This story is gripping. It is raw and it's real. It truly illustrated the inner turmoil and distorted thinking of someone with an eating disorder. Despite all of her struggles, Burgunder maintains a positive outlook. Brittany's obvious strength and perseverance is inspiring and it is amazing that someone who was that close to death is now the epitome of health and is inspiring and helping others on a daily basis. This powerful book is so insightful and inspirational and absolutely worthwhile for anyone and everyone to read. Brittany is very brave to make her eating disorder struggle public. I highly recommend this book.

Truly amazing! My journey from anorexia to binge eating and periods of recovery in the middle mirrors Burgunder's journey and I gained so much insight into myself from reading her memoir. I look forward to her next memoir about the next stages in her journey . . .

This is one of the most powerful books I've ever read. I have read many eating disorder related books and memoirs throughout my own recovery process and I can honestly say that this book has been the most touching. It affected me the most. It was hard for me to read at times, especially when I was able to relate. Other times it was hard to read because it made me so sad, like I wanted to grab that girl and tell her "you are so beautiful, you are loved! You are worth more than a number". This story is gripping. It is raw and it's real. It is a book that you won't want to put down, especially because there is a happy ending! While reading this I was contemplating going back to treatment for my own eating disorder. Upon finishing the book I had made up my mind. The last chapter (in fact the whole book) spoke to me in so many ways. But in that last chapter, Brittany compares the recovery process to climbing up a mountain. The mountain is so high that by the halfway mark you just want to give up. You might stumble, and at that point you really just want to tumble down. However you can see the top of the mountain in the distance and you know that you can get to that point. So you stand up and you keep going. You trudge forward. The journey up that

mountain might be slow, and surely it will be painful. There will be bumps in the road. After reading about that mountain I realized that I was stuck in the middle. I was stumbling more than I was climbing and it was only a matter of time before I would have given up. Two weeks after finishing this book I entered a day treatment program. I am still in treatment and I have made so much progress. I am now climbing my mountain. It hasn't been easy. It's the hardest thing I've ever done. It's been painful and it's been rocky. But I know, deep down, that if I keep going, I will get to the top. I know that within I have the strength to conquer this terrible disease. Brittany's story gave me so much hope. For anyone out there struggling, or for anyone who knows somebody who is struggling, please consider reading this book. It will make you cry, make you laugh at times, and it might make you angry. However, it will most definitely move you. It will leave an impression. Brittany-you are so beautiful, inside and out. You are a treasure, you are loved! Thank you for sharing your story.

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Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1)  
The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks)  
Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders  
CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin)  
Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)  
Kidpower Youth Safety Comics: People Safety Skills For Kids Ages 9-14 (Kidpower Safety Comics)  
Fullpower Safety Comics: People Safety Skills for Teens and Adults (Kidpower Safety Comics)  
The Ultimate Guide Living through the 12 Steps: How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders, 12 steps)  
Binge Eating Cure: Overcome Food Addictions & Rid Your Life of Eating Disorders, Volume 1  
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Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work)  
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