



Table in the Darkness: A Healing Journey Through an Eating Disorder

Lee Wolfe Blum

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2014 Readers' Choice Awards Honorable Mention

"Look who gained the freshman fifteen," a family member teased when I returned home after a few months of college. . . .

When I heard the words my mind decoded it like this: You. Are. Fat. Fat was not good. No, fat was bad. I would *not* be fat.

I stood in front of the full-length mirror in my dorm room and inspected the extra parts. These extra parts needed fixing?my stomach, my thighs, and those cheeks that were round and puffy, like two big apples on the side of my face. I would fix this. Fixing was my forte.

These were the thoughts that plagued Lee Blum during her teens and into her twenties. They drove her to an eating disorder and exercise addiction. Eventually, she found herself hospitalized with clinical depression.

But that's not the end of the story: drawing strength from psychological, physiological and spiritual sources, she found her voice again. If you or someone you love has been at this dark table, you will find her story enlightening and encouraging.



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