



Living With Body Dysmorphic Disorder (Biography Series Book 12)

By Lea Walker, Janet Lee

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Lea Walker first caught the public eye when she appeared on Channel 4's Big Brother programme in 2006. Her outgoing personality, surgery enhanced figure and outspoken manner kept audiences glued to their screens but behind the smiles she was hiding a long history of eating disorders, abusive relationships and unhappiness. As well as trying to come to terms with a history of violence, a failed marriage and life as a single parent, Lea has faced a continuous battle with her distorted body image. It is only recently, that she has managed to emerge triumphant from the trauma of the past and find the inner strength to finally lay her demons to rest. Living with BDD is more than a biography. It is a touching and honest account of one woman's struggle to come to terms with the crushing low self esteem and dysfunctional body image that have dominated her life. By telling her story, Lea hopes that she may be able to help others to face up to their own personal nightmares. She is living proof that there is no problem so great that it cannot be overcome.

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Bibliography

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