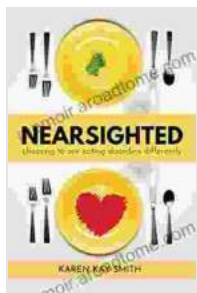


# Nearsighted: Choosing to See Eating Disorders Differently

Eating disorders are complex mental illnesses that affect millions of people worldwide. They are often misunderstood and stigmatized, which can make it difficult for those who are struggling to get the help they need. In her new book, *Nearsighted*, author and eating disorder survivor Jessi Kneeland challenges traditional perspectives on eating disorders and offers a fresh understanding for recovery.



## Nearsighted: Choosing to See Eating Disorders Differently by Karen Kay Smith

★★★★★ 5 out of 5

Language : English  
File size : 749 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 135 pages  
Lending : Enabled



Kneeland writes from her own personal experience with anorexia and bulimia. She shares her story of struggling with body image issues, disordered eating, and the mental health challenges that accompanied her eating disorder. Through her own journey, Kneeland came to realize that eating disorders are not simply about food and

weight. They are complex mental illnesses that can stem from a variety of factors, including genetics, personality traits, and life experiences.

In *Nearsighted*, Kneeland challenges the traditional view of eating disFree Downloads as a sign of weakness or vanity. She argues that eating disFree Downloads are not a choice, but rather a coping mechanism for dealing with difficult emotions and experiences. She also challenges the idea that eating disFree Downloads are only about wanting to be thin. Kneeland writes that eating disFree Downloads can be about a variety of things, including control, perfectionism, and self-harm.

Kneeland's book is a powerful and important contribution to the literature on eating disFree Downloads. It is a must-read for anyone who is struggling with an eating disFree Download, as well as for family members, friends, and professionals who want to better understand these complex illnesses.

### **Key Themes in *Nearsighted***

In *Nearsighted*, Kneeland explores a number of key themes related to eating disFree Downloads, including:

- The importance of understanding the underlying causes of eating disFree Downloads
- The need for a more compassionate and understanding approach to treatment
- The importance of self-acceptance and body positivity
- The role of family and friends in recovery

Kneeland's book is a valuable resource for anyone who wants to learn more about eating disFree Downloads and how to help those who are struggling. It is a powerful and inspiring story of hope and recovery.

## **Reviews of Nearsighted**

"Jessi Kneeland's Nearsighted is a groundbreaking book that challenges traditional perspectives on eating disFree Downloads and offers a fresh understanding for recovery. Kneeland writes with honesty and compassion, sharing her own personal experience with anorexia and bulimia. Her book is a must-read for anyone who is struggling with an eating disFree Download, as well as for family members, friends, and professionals who want to better understand these complex illnesses." - Emily Troscianko, author of \*This Is Not a Diet Book: A Revolutionary Approach to Sustainable Weight Loss and Body Acceptance\*

"Nearsighted is a powerful and important book that sheds light on the complexities of eating disFree Downloads. Jessi Kneeland's personal story is both heartbreaking and inspiring, and her insights into the nature of these illnesses are invaluable. This book is a must-read for anyone who wants to better understand eating disFree Downloads and how to help those who are struggling." - Christy Harrison, MPH, RD, CDN, author of \*Anti-Diet: Reclaim Your Time, Trust Your Body, and Live Your Life\*

"Jessi Kneeland's Nearsighted is a much-needed book that challenges traditional perspectives on eating disFree Downloads and offers a fresh understanding for recovery. Kneeland writes with honesty, compassion, and humor, sharing her own personal experience with anorexia and bulimia. Her book is a valuable resource for anyone who is struggling with an eating disFree Download, as well as for family members, friends, and

professionals who want to better understand these complex illnesses." -  
Rebecca Scritchfield, author of \*Body Kindness: Transform Your Health  
from the Inside Out\*

## About the Author

Jessi Kneeland is a writer, speaker, and eating disFree Download survivor. She is the founder of Project HEAL, a non-profit organization that supports people with eating disFree Downloads and their loved ones. Kneeland has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Huffington Post. She lives in Minneapolis, Minnesota.



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