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Safety In Numbers

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.

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Safety In Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders offers a chaotic, humorous, tear jerking; suspenseful and frightfully honest first hand look into the unthinkable. Ultimately, it brings hope and the courage to never give up.

~~NEDA Awareness Week | From 56, to 221 Pounds | The Blog~~

Safety in numbers is the hypothesis that, by being part of a large physical group or mass, an individual is less likely to be the victim of a mishap, accident, attack, or other bad event. Some related theories also argue (and can show statistically) that mass behaviour (by becoming more predictable and "known" to other people) can reduce accident risks, such as in traffic safety – in this ...

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