



To the Moon and Back: A Daughter/Mother Journey of Eating Disorder Recovery

Ms. Meghan Anne Feran

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The memoir is about my personal battle with an eating disorder (both anorexia nervosa and bulimia nervosa) for six years and my near death experience with the dehabilitating disorder. It's basically journal entries from my 45 days of intense inpatient treatment, complemented with inserts from my mother's journal and her point of view of a daughter going through recovery. My goal market would be 18-24 year-olds who are teetering on an eating disorder; the point is to tell them to get help early-on and prevent years of misery. I think the market would be fairly extensive, as 1 in 10 young women suffer with this disease and it continues to get worse. My ideal would be to partner with NEDA or ProjectHOPE and have all proceeds go to them, helping patients get the treatment they need.



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