



## Life Hurts

A doctor's personal journey through anorexia

Dr Elizabeth McNaught

Format: Paperback

Size: 198mm x 129mm

Pages: 142

Release Date: March 2017

Price: £9.99

ISBN: 9781910786659

### ABOUT THE BOOK

*"She's not going anywhere. Her heart is struggling. She's not stable enough to move."*

Lizzie couldn't believe it. She had just gone to the hospital for a quick check-up and now they told her she could die. The doctors had diagnosed Anorexia and that she must regain weight. Her life closed in around her, but all she wanted was to avoid food. Anyone who lives with an eating disorder fights their own thoughts, their own anxieties, their own self, every second of every minute of every day. For Lizzie this was her reality from the age of 14. However through professional help, the support of her loving family and her faith, she somehow found the hope and strength to overcome. *Life Hurts* tells Lizzie's story, reflecting on it from her perspective as a doctor. Her vision is to inspire and encourage others to see that, although eating disorders can be devastating, there is hope for all of us.



### BIO

Dr Elizabeth McNaught is a medical doctor with personal experience of eating disorders. She was diagnosed with Anorexia at the age of 14, leading to an admission to a general hospital, many months in an inpatient hospital and years in community care. She fought hard against her illness and secured a place at medical school, qualifying as a doctor in 2016 and winning the prize for top student in the written exams. Since the publication of *Life Hurts* Lizzie has been interviewed by the Daily Mail, Daily Telegraph, BBC News 24, BBC Radio 5 plus numerous local and TV and Radio stations.



## ENDORSEMENTS

'I found this an amazing book - insightful, compassionate and deeply moving; in short a compelling read.'

**Rob Parsons OBE, Chairman of Care for the Family**

'A unique perspective from medical knowledge and lived experience; containing vital insights for family, friends, medical professionals, and anyone who is on their own journey through an eating disorder.'

**Andrew Radford, Chief Executive of Beat**

'I recommend this book to patients with eating disorders and their families, and also to professionals and doctors learning to practice as health professionals.'

**Dr Izabela Jurewicz, Royal College of Psychiatrists**

## KEY SELLING POINTS:

The author has been interviewed extensively throughout the UK media during national eating disorders week (Feb 2017).

She is a doctor so writes as one who has achieved much despite journeying through anorexia.

The book will provide help for so many going through a similar journey.

## TARGET AUDIENCE:

Those journeying through anorexia.

People struggling with eating disorders.

The families and friend of those with eating disorders.

Health care professionals working in the field of eating disorders.

## MARKETING AND PROMOTION:

*Life Hurts* has been featured in the Daily Mail, Daily Telegraph, Catholic Times, The Universe, Christian Today, Childrensworld, Youthwork magazine, The Southern Daily Echo, The War Cry, Reform Magazine, The Baptist Times and The Church Times. Lizzie has been interviewed on BBC Breakfast, BBC Radio Jersey, Tower FM, Premier Radio, Trans World Radio, Heart FM, and BBC Radio Solent.

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