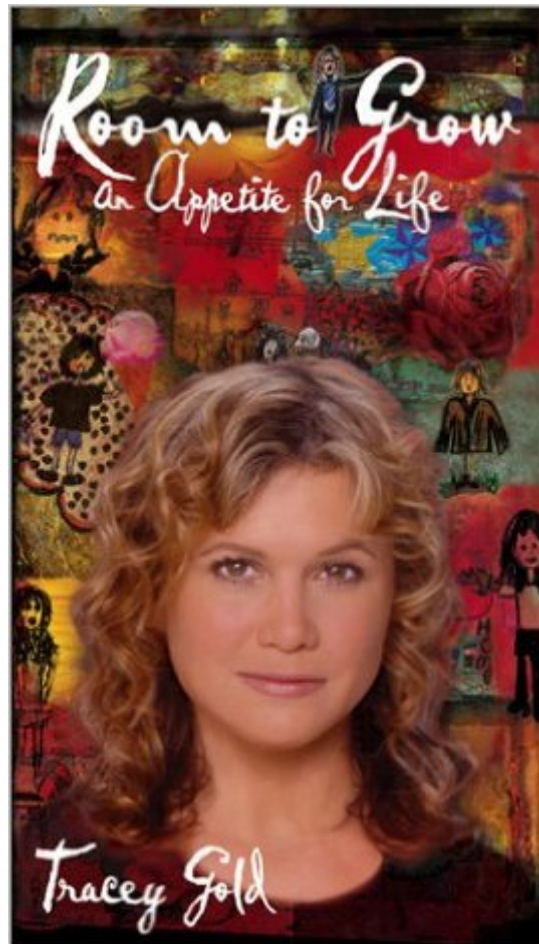


The book was found

Room To Grow: An Appetite For Life



Synopsis

Tracey Gold was well known to television audiences in the 80s as the wholesome teenage sister on the long-running series *Growing Pains*. She co-starred for seven years alongside Kirk Cameron as brainy sister Carol Seaver in a picture-perfect American family. A working actress since the age of 4, she was a pretty and professional young star with a limitless future. But behind the smiles Tracey was fighting the battle of her life. Ten years have passed since photos of the shockingly thin Tracey faced us from the cover of one of *People's* bestselling issues ever. "I always knew there'd come a day in the future, when I was far away from the media glare, when I'd have the proper time and perspective to process all I went through. Now there are many trained experts in the field of anorexia and eating disorders; and there are a lot of girls who struggle with it. I have both: the knowledge and the experience. I want this book to be something girls can turn to for help; something they can pick up and hold, a source of comfort and encouragement. It is for every sister, daughter, or friend whose life has been touched by anorexia nervosa. My celebrity has provided me a forum from which I can help others."

Book Information

Hardcover: 192 pages

Publisher: New Millennium Press (February 2003)

Language: English

ISBN-10: 189322466X

ISBN-13: 978-1893224667

Product Dimensions: 9.4 x 5.3 x 0.9 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #1,617,333 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #66 in [Books > Teens > Personal Health > Diet & Nutrition](#) #4443 in [Books > Biographies & Memoirs > Arts & Literature > Television Performers](#)

Customer Reviews

As a sufferer of an eating disorder myself, I have come to admire Tracey Gold and her recovery from anorexia, and always like to watch her share her triumph over anorexia on TV specials, so I was beyond thrilled when I realized that she had a book out. But frankly, the book is not what I expected it to be, and is disappointing in a number of ways. Tracey makes a big deal at the beginning of the book about how this book would in NO way be a how-to guide for other girls to

learn how to be anorexic, but too bad she didn't practice what she preached. At one point, she talks about a book on anorexia called "the best little girl in the world" and goes on to say how the book practically became her bible and she read it frequently and carried it around with her everywhere. Now, for anyone who hasn't yet read that particular book, let me tell you that the book is less an anti-eating disorder book, and more of a pro-ana type of book, because the character in the book is basically the perfect anorexic, and the author seems to glorify her for it. So anyway, for all of Tracey's talk about not wanting her book to be a how-to guide, I really don't understand what she was thinking when she chose to talk about "the best little girl in the world" one of the biggest trigger books out there, and then go so far as to talk about how it was her bible and such. If she really felt it was necessary to talk about the book, I think she could have at least disingenuously omitted the title of the book. Another thing, Tracey spends more time talking about how she developed anorexia, and what steps led into her anorexia, and less time describing her recovery from it. She reveals nothing about what went on during her therapy sessions with dr.

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