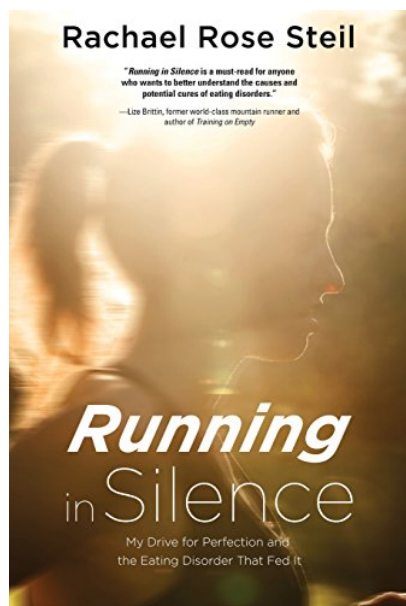


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PDF-0bc12 | "It had been hours since I ran at track practice that winter, but I hadn't bothered to shower, let alone change clothes. No, I didn't have time for that, because I had found the answer to my prayers. This has to be it. Eat all the fruit you want. Never get fat. Raw. Food. Diet." Rachael Steil clocked in as an All-American collegiate runner; she became a girl clawing for a comeback on a 30-bananas-... *Running in Silence: My Drive for Perfection and the Eating Disorder That Fed It*

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