



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

Meghan Feran Sexton

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Like any other addiction, an eating disorder is an extremely unhealthy type of coping mechanism. When author Meghan Sexton felt she could never be perfect enough, smart enough, or good enough, she turned to restriction as a form of self-loathing and punishment. A vicious, obsessive compulsion with calories, fat grams, exercise, and the scale followed, and every minute of every day was consumed with her eating disorder. *To the Moon and Back: A Daughter-Mother Journey toward Eating Disorder Recovery* is a personal account of the author's struggle to fight back and overcome a life-threatening disease. Join Meghan Sexton on her path to recover---a long, hard, and mostly uphill journey that saved her life, and may save yours as well.

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