

# THE MONSTER IN THE MIRROR



Karen Mackintosh

Eating disorders,  
bulimia,  
anorexia,  
body-image distortion.

For some, the pressures of an image-obsessed world become so great that they seek answers in dangerous, secret ways.

Karen Mackintosh has been through the valley of the shadow of death. She has felt the guilt, isolation, depression and shame that the monster inspires.

This is the first-hand account of one woman's incredible journey from the clutches of an eating disorder into freedom.

Few sufferers can claim to be totally free, but there are answers in this book that will provide a way out.

This is a remarkable story.

"Karen's story is a gripping and authentic portrayal of living in the prison of an eating disorder, and of healing and freedom from food and fear..."

From the foreword by Sandy Richardson  
Executive Director, The Remuda Foundation  
Author of *Soul Hunger*



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How I overcame  
bulimia

Karen Mackintosh

