



Eating Mangoes: A Residential Treatment Experience

By Lisa Elefant

Dream Trek, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This is for all who battle with an eating disorder and the question: Am I worth more than twenty pounds? This is a must read for those who stand with us in the battle: our family, friends, therapists, and sponsors. To eat a mango is to enter into a process of cutting and scraping the fruit from its skin and seed. It is a process that takes some time and is a little messy. And, it is so worth the reward in the end! The same is true for the journey of recovery. Recovery is a process from beginning to end. It takes time and is messy. And, recovery is also so worth the reward in the end! An influential woman in Elefant s life gave her the wisdom that life is a process. Recovery is a process. There are no quick fixes, it is not black and white, and the joy is in the journey. The light bulb went on one day as Elefant was eating a mango and she discovered what her mentor had meant!...

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