



Eli's Wings: An Uplifting Story of Self-Discovery and Survival

Elizabeth Best

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'...as rates of eating disorders continue to rise, so too does the need for positive examples of recovery.'
When Eli's Wings was first published by Penguin Books Australia Ltd 2002, it was embraced by readers around Australia, then around the world. Added to high school and book club reading lists, it started a dialogue that brought to light secrets kept by millions throughout the UK, USA, Canada, Europe, and beyond. A decade on, the topic of eating disorders remains as poignant and as relevant as ever before. This revised edition, with new material, marks the ten-year anniversary of the original release. Journeying from the depths of despair and to the heights of possibility, Eli's Wings is the unique celebration of love, hope and ultimately, life. 'The raw and honest account of Elizabeth Best's desperate struggle ...will inspire all who read it.' – Sydney Morning Herald

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