

Sheri was in and out of the hospital for anorexia throughout her teen years. And, like many who develop anorexia young, she was still privately battling her eating disorder decades later, unbeknownst to most of the people around her. Even Sheri had no idea just how unwell she still was until a relapse after the birth of her third child.

At that point, she learned there was a term for the bleak place in-between illness and health that blends so seamlessly into the fabric of our fitness and diet obsessed society—quasi-recovery. Once Sheri accepted that she'd never fully recovered from her eating disorder, she began to understand how it had tainted everything: nights out, birthdays, weddings, vacations, hobbies, jobs, pregnancies, childbirth, motherhood. She'd never been fully present, and she was constantly at odds with the voice of her eating disorder inside her head. If she didn't want to keep missing out on her life, she needed to recover. But were her childhood doctors right in their prognosis that full recovery was not even a possibility?

The Skinny challenges our beliefs about diet culture, body image and eating disorders. It takes us along with Sheri in her fight to fully recover from anorexia. Her personal story, written with honesty, wit and wry humour, takes us back and forth through time, visiting dark and deeply personal places and embracing the moments in life where all one can do is laugh.