



Nourishment: Feeding My Starving Soul When My Mind and Body Betrayed Me

Melissa Binstock

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Stupid. Fat. Freak. These are the labels Melissa Binstock bestowed upon herself. Diagnosed with six different disorders by the age of eleven, Melissa was drowning in medications, treatments, and isolation. Feeling defined and controlled by Tourette syndrome, dyslexia, ADHD, OCD, anxiety disorder, and anorexia, Melissa spent her teenage years emotionally empty, socially stunted, and filled with confusion and self-hatred. How must it feel to live with so many life-altering disorders simultaneously and what wisdom can be found through living such a tortured existence?

In this brutally honest account of her quest for love, acceptance, and the physical and emotional nourishment she desperately needed, Melissa Binstock takes you on a journey through the complex world of neurological and emotional disorders. You will be mesmerized and inspired as she shares her struggles to refeed her starving mind, body, and soul in her quest to become fully nourished.

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