

## PRESS RELEASE

13<sup>th</sup> February 2017: For immediate use

### *Life Hurts*

*A doctor's personal journey through anorexia*

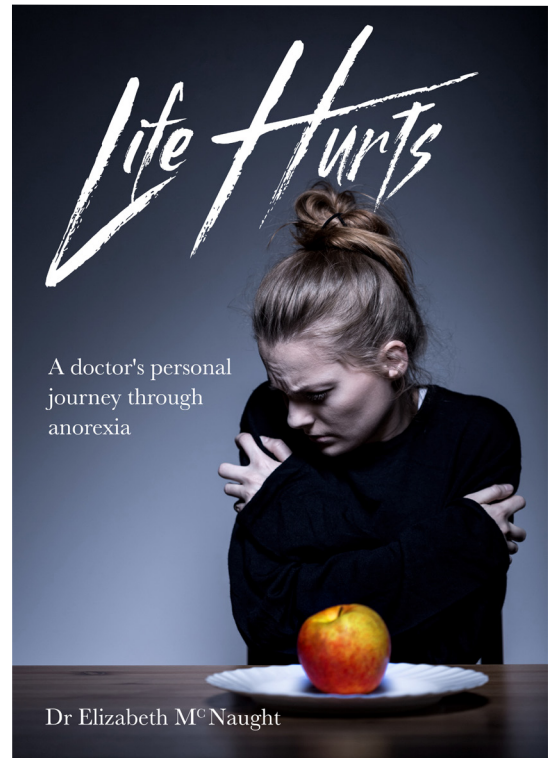
*'She's not going anywhere. Her heart is struggling.  
She's not stable enough to move...'*

When Dr Elizabeth McNaught was 14 years old, she nearly died from anorexia. Now a junior doctor, she's passionate about helping others that are living through an eating disorder.

In *Life Hurts*, published to coincide with **Eating Disorders Awareness Week (27 February-5 March)**, Dr McNaught (known as Lizzie) shares her story and hopes to inspire and encourage others to see that, although eating disorders can be devastating, there's hope for all of us.

The book also includes observations and reflections from Lizzie's parents, excerpts from diaries, letters from Lizzie today to her younger self, and helpful resources for those living through eating disorders.

*Life Hurts: A doctor's personal journey through anorexia* by Dr Elizabeth McNaught is published by Malcolm Down Publishing on 27<sup>th</sup> February 2017, priced £9.99 (paperback).



#### NOTES FOR EDITORS

- In November 2016, Dr Elizabeth McNaught spoke at the Royal College of Psychiatrists' conference on Eating Disorders. Her speech was so powerful that Malcolm Down Publishing offered her a book contract on the spot.
- Dr McNaught is an Ambassador for the UK eating disorders charity Beat ([www.b-eat.co.uk](http://www.b-eat.co.uk)). *Life Hurts* is released for **Eating Disorders Awareness Week (27 February-5 March)**.
- Review copies of the book are available for media and organisations, and Dr McNaught has availability for interviews for TV and radio during Eating Disorders Awareness Week (27 February-5 March). For all such enquiries, please contact Rhoda Hardie ([rhoda.hardie.pr@gmail.com](mailto:rhoda.hardie.pr@gmail.com)) or Kate Laver ([kate.laver@ethosmedia.org](mailto:kate.laver@ethosmedia.org))
- For high-res images, and to download the first chapter of *Life Hurts*, visit [LifeHurts.net](http://LifeHurts.net)