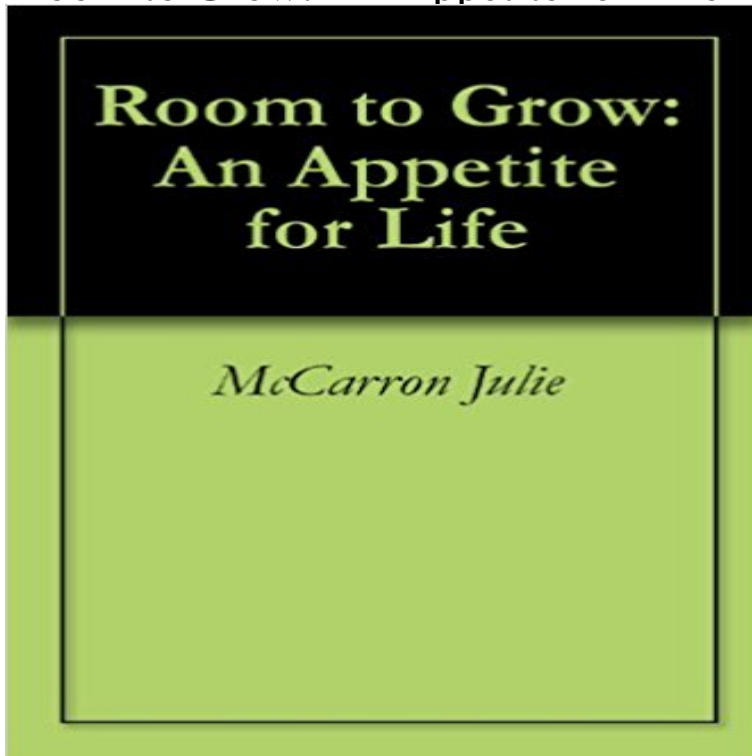


Room to Grow: An Appetite for Life



Tracey Gold was well known to television audiences in the 80s as the wholesome teenage sister on the long-running series Growing Pains. She co-starred for seven years alongside Kirk Cameron as brainy sister Carol Seaver in a picture-perfect American family. A working actress since the age of 4, she was a pretty and professional young star with a limitless future. But behind the smiles Tracey was fighting the battle of her life. Ten years have passed since photos of the shockingly thin Tracey faced us from the cover of one of People's bestselling issues ever. I always knew there'd come a day in the future, when I was far away from the media glare, when I'd have the proper time and perspective to process all I went through. Now there are many trained experts in the field of anorexia and eating disorders; and there are a lot of girls who struggle with it. I have both: the knowledge and the experience. I want this book to be something girls can turn to for help; something they can pick up and hold, a source of comfort and encouragement. It is for every sister, daughter, or friend whose life has been touched by anorexia nervosa. My celebrity has provided me a forum from which I can help others.

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