



# My Name is Caroline

*Caroline Adams Miller MAPP*

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## **My Name is Caroline** Caroline Adams Miller MAPP

For most of her life people thought Caroline was the girl who had it all. She grew up in a good neighborhood, went to the best schools, and was a successful competitive athlete. But, unknown to her family and friends, she also had an eating disorder that almost killed her. After marrying her college sweetheart in 1983, Caroline hit her last bottom and clawed her way back to health and happiness, using free support groups, role models and hard work to finally triumph. In 1988, fully recovered from her addiction, Caroline wrote "My Name is Caroline," the first major book on bulimia recovery, at a time when treatment options and hopes for returning to wellness were nearly non-existent. This new version of "My Name is Caroline," Caroline's raw story of hitting bottom and summoning the inner resources necessary to fight her way back to health, is still as relevant today as it was 25 years ago. Eating disorders are still too prevalent, and are increasingly impacting people of all ages and genders around the world, so her story of hope and resilience provides important ingredients for anyone who needs to take that first step towards change.

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