

I had the great pleasure of meeting Tina at her book signing in June 2015. At that time my teenage daughter had been suffering from Anorexia Nervosa for over 2 years and was receiving treatment as an inpatient for the 2nd time. I think both my daughter and myself were finding it difficult to remain positive about the possibility of recovery from this terrible illness. However, after hearing Tina's own powerful and inspirational story I became convinced that recovery is possible and I feel this gave me the encouragement and renewed hope that I needed to continue the battle to help my daughter get her life back.

In person, Tina is an incredibly warm, compassionate person who clearly wants to use her personal experiences and unique understanding of this illness to help others. To have the opportunity to speak with someone who has actually been through this herself was invaluable to my daughter and myself especially as Tina has achieved such a positive outcome. I personally feel that had this type of input and understanding been available earlier in my daughters treatment it would have been hugely beneficial to our family.

I strongly believe that finding a key worker you can trust and open up to is one of the most important aspects of care in relation to this very lonely, destructive illness. For this reason I wouldn't hesitate to recommend Tina as the special type of person that could fulfil such a role

Susan Clark