



Cake O'Clock: An Account of one Woman's Intimate Relationship with Food

Rachel Black

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Ever been scared to wash your jeans because you know they will no longer fit?

Since the age of 9 Rachel has struggled with chaotic eating and disordered diet. This account explores her past history from anorexia to binge eating and everything in between in an attempt to learn how to eat like a normal person. Surely, it should not be this difficult?

A fantastic follow up to 'Sober is the New Black', where Rachel began to have the opposite to a mid-life crisis and started to get her life in order by firstly ditching the wine. In Cake O'Clock Rachel addresses a life-time of dieting demons in a bid to stop gaining and losing the same 18 lbs repeatedly. This book will resonate with serial yo-yo dieters everywhere.

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