



# The Monster In the Mirror

*Carissa Ann Jones*

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# The Monster In the Mirror

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**The Monster In the Mirror** Carissa Ann Jones

I am taking you on a journey through my 18 year struggle with an eating disorder that almost killed me and I talk about living with mental illness. For the first time I candidly talk about everything that has plagued me for years. I found my voice and I hope to help another person to find theirs. I never thought I was a strong person until being strong and surviving were the only options I had left.

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