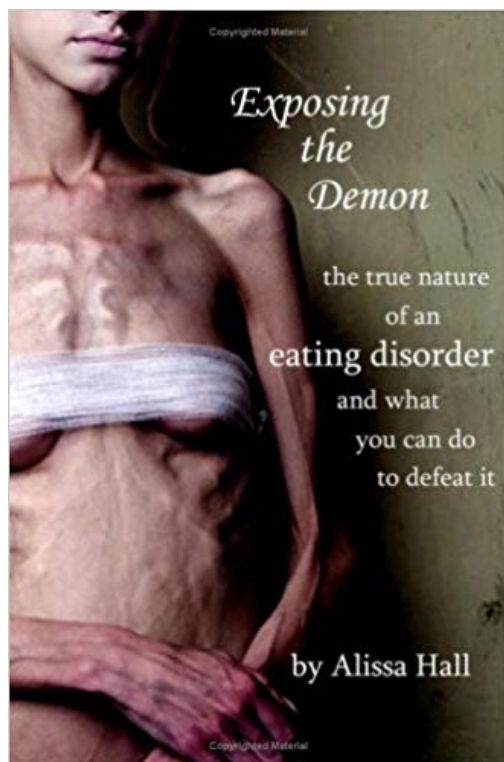


Exposing the Demon: the true nature of an eating disorder and what you can do to defeat it *by* Alissa Hall



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After 13 years of anorexia and bulimia, I healed myself through meditation and prayer, and tried to forget my disorder. But when others asked for my help so they too could recover, my compassion and sympathy overruled that decision. "Exposing the Demon" uncovers the internal source of an eating disorder by examining it in a metaphysical light, and instructs the reader to use her emotions, imagination and spirit to regain her health... not for a while, but for good.



Reviews of the **Exposing the Demon: the true nature of an eating disorder and what you can do to defeat it** *by* Alissa Hall

Authis

This is the ONLY book you need if trying to recover from an eating disorder. I had a drawer full of

information, but this book is the only thing that turned the corner for me. What is really interesting is that I am over 70 years old and suffered from anorexia for years and still was able to recover with the help of this book.

Arlana

Alissa Hall is an Angel. I cannot thank her enough for writing this book. As a person who has struggled with an eating disorder and substance abuse for over a decade, through meditation and connecting with Spirit, I uncovered the same root cause...the Demon!

Alissa speaks the straight truth - clearly a woman with an incredible connection to Spirit, meant to bring healing Light to the people of this planet. From front to back, Alissa channels higher dimensional understandings, and conveys their message in a completely down-to-earth and relate-able style.

Anyone who wants healing - be it from an eating disorder, or unhappiness in any form, can find lightening-bolt-revelation-style answers in this book.

One of the most concise and powerful books I've ever read.

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