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Inspirational media, you may recognize Hope from her Dump the Scales campaign to stop weight being used as a barrier to mental health services for people experiencing eating disorders.

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Stand Tall Little Girl:

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Inspirational book is accessible and informative, covering both the roots of anorexia, how we can spot it, and the journey to acceptance and recovery.

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Inspirational Hope Virgo, is her personal journey of suffering from a life-threatening eating disorder, to not just recovery, but using her story to help others and inspire hope, through talks in hospitals, schools and

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businesses. (NB - as a fellow Hope myself, that will be the only intentional play on her name used in this article!)

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Book Club: Stand Tall Little

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became her home. Over the  
next year, at her lowest

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