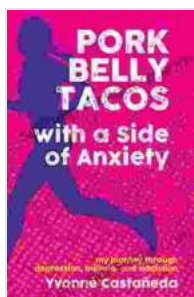


# From Despair to Hope: My Journey Through Depression, Bulimia, and Addiction

My name is Elizabeth, and I am a survivor of depression, bulimia, and addiction. My journey has been long and arduous, but I am finally on the other side of it. I am now a happy and healthy wife, mother, and grandmother, and I am passionate about helping others who are struggling with the same illnesses.



## Pork Belly Tacos with a Side of Anxiety: My Journey Through Depression, Bulimia, and Addiction

by Yvonne Castañeda

★★★★★ 5 out of 5

Language : English  
File size : 2594 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 265 pages  
Screen Reader : Supported



## Depression

My depression began in my early teens. I was a shy and introverted child, and I always felt like I was different from other people. I was often bullied at school, and I had a difficult time making friends. As I got older, my depression worsened. I began to withdraw from my family and friends, and I lost interest in the activities that I used to enjoy.

I eventually reached a point where I felt like I couldn't go on living. I started to have suicidal thoughts, and I made several attempts to take my own life. I was hospitalized on several occasions, but I couldn't seem to get better.

## **Bulimia**

In my late teens, I developed bulimia. I started to binge on food and then purge it by vomiting. I did this several times a day, and it became a way for me to cope with my depression. Bulimia gave me a sense of control, and it helped me to numb the pain of my depression.

But bulimia also took a toll on my health. I lost a lot of weight, and my hair started to fall out. I had problems with my teeth and my gums, and I was constantly fatigued. I also developed a heart arrhythmia, which could have been fatal.

## **Addiction**

In my early 20s, I started to abuse alcohol and drugs. I used these substances to try to escape from my depression and bulimia. But addiction only made my problems worse. I lost my job, my apartment, and my friends. I was living on the streets and begging for money.

I eventually reached a point where I knew that I couldn't go on living like this. I checked myself into a rehab center, and I began the long process of recovery.

## **Recovery**

Recovery from depression, bulimia, and addiction is a long and difficult process, but it is possible. With the help of therapy, medication, and support groups, I was able to overcome my illnesses and rebuild my life.

Today, I am a happy and healthy wife, mother, and grandmother. I am grateful for the second chance that I have been given, and I am passionate about helping others who are struggling with the same illnesses.

**If you are struggling with depression, bulimia, or addiction, please know that you are not alone. There is help available, and you can recover.**

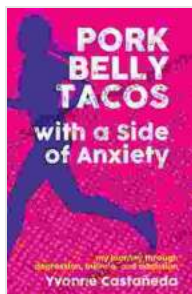
Here are some resources that can help:

- National Alliance on Mental Illness (NAMI)
- National Eating Disorders Association (NEDA)
- Substance Abuse and Mental Health Services Administration (SAMHSA)

You can also find help online at the following websites:

- HelpGuide.org
- WebMD
- Mayo Clinic

Please don't give up hope. Recovery is possible.



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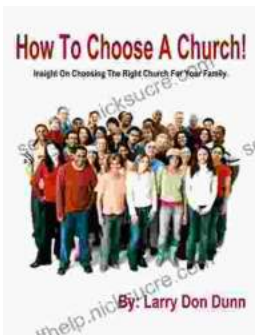
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