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Pound for Pound: A Story of One Woman s Recovery and the Shelter Dogs Who Loved Her Back to Life

By Shannon Kopp

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 229 x 152 mm. Language: English . Brand New Book. The brave, inspiring story of one woman s recovery from a debilitating eating disorder, and the remarkable shelter dogs who unexpectedly loved her back to life. The dogs don t judge me or give me a motivational speech. They don t rush me to heal or grow. They sit in my lap and lick my face and make me feel chosen. And sometimes, it hits me hard that I m doing the exact thing I say I cannot do. Changing. Pound for Pound is an inspirational tale about one woman s journey back to herself, and a heartfelt homage to the four-legged heroes who unexpectedly saved her life. For seven years, Shannon Kopp battled the silent, horrific, and all-too-common disease of bulimia. Then, at twenty-four, she got a job working at the San Diego Humane Society and SPCA, where in caring for shelter dogs, she found the inspiration to heal and the courage to forgive herself. With the help of some extraordinary homeless animals, Shannon realized that her suffering was the birthplace of something beautiful. Compassion. Shannon s poignant...



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Reviews

This published book is wonderful. It is really simplified but unexpected situations within the fifty percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Janis Reilly**

I just started looking over this ebook. I could possibly comprehend everything out of this published e publication. You are going to like the way the author compose this publication.

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