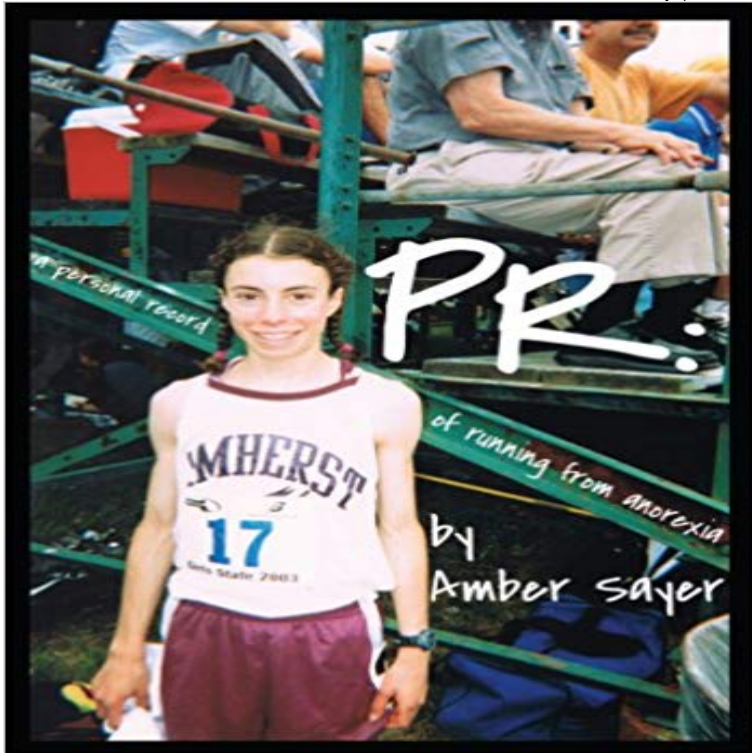


## PR: A Personal Record of Running from Anorexia



As a nationally ranked high school runner, nobody seemed to notice that Amber Sayers weight was dropping just as fast as her finish times. PR is a sports chronicle, a coming of age story, and a cautionary report of one runners simultaneous decent into anorexia and rise in the high school track and cross-country rankings. Her honest account of a distressingly common problem among high school and collegiate athletes takes readers through the diseases progression and its unsettling parallels with her burgeoning running career. After losing more than she ever anticipated, and incurring permanent physical and emotional damage, Sayer struggles to overcome her severe case of anorexia and the sports culture in which eating disorders and their increasing prevalence remain dangerously taboo.

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