



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 book is definitely worth acquiring. I have gone through and so I am certain that I will likely read through again in the future. It's been printed in an exceptionally basic way in fact it is only after I finished reading this publication in which it actually altered me, changing the way in my opinion.

-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who state there had not been a well worth reading through. I discovered this ebook from my dad and I encouraged this book to find out.

-- Lacy Goldner