

Beat:

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In her memoirs Ryan said , "I don't want to admit it but I was scared of putting on weight, My stomach churned at the sight of vegetables, meat, anything. The desire to eat has just left me back then I was stressed, rejected, jealous, anxious, negative, worried unassured and lonely". " I felt like if I can get through the day without eating I would feel better".

"I had constant stomach pains and cramps and I didn't know if I was hungry or sick. The craving that lingered the longest was the sweet tooth and it was the last thing to go.

I read hundreds of pages of Ryans memoirs and believe it will inspire many in the industry to simply be " Thier own kind of beautiful".

Raina Ryan 26 of Sydney will soon release her memiors of 13 years, a captivating, riveting insight into the life of a teenager growing up in country Orange in New South Wales Australia.

Adding another feather to the cap of an amazing musician songwriters long list of accolades , Ryan is now in talks with Hay House Publishing so keep an eye on this Aussie creative.

Elizabeth Berkley once said, "Girls' inner critics are starting to reveal themselves at a younger and younger age. And body image issues are an aspect of their lives which is causing them low self esteem and day-to-day suffering".

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