



Harridan & Strumpet Books  
Contact: Kerry Garvin | Dawn Brockett  
T: 917-520-6599 | 801-706-2984  
E: [kerry@harridanandstrumpet.com](mailto:kerry@harridanandstrumpet.com)  
[dawnbrockett@icloud.com](mailto:dawnbrockett@icloud.com)

PUBLICATION DATE: MARCH 7, 2023



**ISBN:** 978-1-955577-12-0  
**CLASSIFICATION:** Nonfiction  
**FORMAT:** Trade Paper  
**PAGES:** 272 pp.  
**PRICE:** \$17.95

“In her deeply personal and profound book, *Unrestricted*, Dawn Brockett presents a truly revolutionary perspective on discovering your own voice and path toward self-empowerment.”  
- Amy Cuddy, PhD, Social Psychologist and Author of the *New York Times* Bestseller *Presence*

“*Unrestricted* is an inspiring narrative of Dawn Brockett’s fight against anorexia nervosa and a compelling chronicle of recovery. For anyone who loves someone struggling with an eating disorder, this book will shine a light on both the ferocity of the disorder and what it takes to triumph.”  
- Thomas R. Insel, MD, Former Director, National Institute of Mental Health (2002-2015); Author, *Healing: Our Path from Mental Illness to Mental Health*

“A powerful call to action for the field to modernize the perception and treatment of anorexia which impacts more than 80 million women worldwide and carries the highest mortality rate of any mental illness.”

- P. Murali Doraiswamy, MBBS, FRCP, Professor of Psychiatry and Medicine, Duke University, and Former Co-Chair of the World Economic Forum's Global Future Council on Mental Health

At once heart-wrenching, heartwarming, and hopeful, *Unrestricted* is the story of how one woman stopped disappearing, started listening to her own voice, and finally claimed her rightful place in the world.

TEL. 917.520.6599 | E. [KERRY@HARRIDANANDSTRUMPET.COM](mailto:kerry@harridanandstrumpet.com)

[WWW.HARRIDANANDSTRUMPET.COM](http://WWW.HARRIDANANDSTRUMPET.COM)