

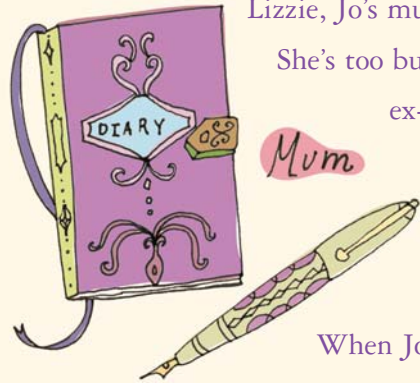
Sixteen-year-old Jo makes lists to manage her world, but somehow she still feels out of control. But she has found one way to cope: watching what she eats – or rather, what she doesn't eat. And she's losing weight... but not quickly enough.



Daughter

Lizzie, Jo's mum, doesn't make lists.

She's too busy being a single mum, hating her ex-husband's new wife and trying to keep an eye on Jo – who seems to have stopped communicating with her altogether.



Mum

When Jo is diagnosed with anorexia, Lizzie is desperate with worry and their lives spin out of control. Jo needs help and she needs it now.

Beneath Jo and Lizzie's fears and frustrations is a funny, warm and insightful story about a mother and her daughter who go on a journey to find themselves – and each other.

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THE MOTHER AND DAUGHTER DIARIES



THE MOTHER AND DAUGHTER DIARIES



The battle lines are drawn



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