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The Addict. Restaurant consultant Diya Sethi wasn t always Finding a vaid is a good alternative, says Sethi, who recovered better after she followed

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What a brave book this is. Hats off to Diya Sethi for her brutally raw portrait of herself. You have to admire her for the way she overcame her struggles.

### **Diya sethi**

Diya Sethi is the author of 'The Addict: A Life Recovered'.

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### **Diya sethi (author of the addict)**

Diya Sethi is the author of The Addict (4.00 avg rating, 1 rating, 0 reviews, published 2015) and The Addict (0.0 avg rating, 0 ratings, 0 reviews)

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Diya Sethi; Diya Sethi. redemption. Woman's Journey From Anorexia-Bulimia to Top Chef Revealed in New Memoir. Rehab Centers Button . Rehabilitation Directories

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Road to recovery: How Diya Sethi fought bulimia. Paramita Ghosh, Extract from The Addict-A Life Recovered Diya Sethi; HarperCollins Rs 250, 189 pgs

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Diya Sethi graduated from Le Cordon Bleu London in 2002 - she lived and worked in both the United Kingdom and India until 2010 - in October 2010 she moved to Sri

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Divyani has 247 books on Goodreads, and is currently reading The Five Tibetans: Five Dynamic Exercises for Health, Energy, and Personal Power: Yoga Metho

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Diya Sethi is an independent hospitality professional based in Delhi. Her book, The Addict - A Life Recovered, published by HarperCollins India launches on April 10.

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