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Tina McGuff's life was perfect - or so she thought. Living in Dundee with her devoted parents and three younger sisters, she was a happy, healthy, and confident thirteen-year-old. But all that changed in one horrifying act of revenge and Tina's world collapsed overnight. Terrified, lost and confused, she turned to the one thing she thought she could control - food.

Seconds to snap : one explosive day, a family destroyed ...

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