



**THERE IS SOMETHING  
FISHY  
ABOUT ed**

**A Gentle Introduction to Mental  
Health and Eating Disorders**

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**I woke up with bubbles.  
The sun was shining.  
I slipped on my fins  
And swam to see Mommy.**



**She was in the fish kitchen  
Making breakfast for me.  
Noah was at the table,  
So now we were three.**

**I had four sea cakes;  
Noah had two.  
Mommy didn't join us.  
She had chores to do.**