

# Love Is Blind: Zongyan Hu's Journey to Self-Discovery and Acceptance

Zongyan Hu's memoir, *Love Is Blind*, is a powerful and moving account of her journey to self-discovery and acceptance. Through her experiences with bullying, weight loss surgery, and finding love, Zongyan shows us that love is not always easy, but it is always worth fighting for.



## **Love Is Blind** by Zongyan Hu

★★★★★ 5 out of 5

Language : English  
File size : 336 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Screen Reader : Supported  
Print length : 180 pages



## **Growing Up Different**

Zongyan was born in China and immigrated to the United States with her family when she was seven years old. Growing up in a new country, she often felt like an outsider. She was bullied for her appearance and her weight. She struggled to fit in and find her place in the world.

In high school, Zongyan began to develop an eating disorder. She wanted to lose weight to feel more accepted by her peers. She became obsessed with counting calories and exercising. Her

eating disorder spiraled out of control, and she eventually had to be hospitalized.

## **Finding Hope**

After being hospitalized, Zongyan began to see a therapist. She started to learn about the root causes of her eating disorder and how to cope with her emotions in a healthy way. She also started to learn about self-acceptance and self-love.

One of the most important things that Zongyan learned was that she was not alone. There were other people who had struggled with eating disorders and other mental health issues. She found support from other people who understood what she was going through.

## **Falling in Love**

In college, Zongyan met a man named Tom. Tom was kind, supportive, and understanding. He helped Zongyan to see herself in a new light. She began to believe that she was worthy of love and happiness.

Zongyan and Tom fell in love and got married. They have been together for over ten years and have two beautiful children. Zongyan credits Tom with helping her to overcome her eating disorder and to find self-acceptance.

## **Love Is Blind**

Zongyan's memoir, *Love Is Blind*, is a testament to the power of love. It is a story about overcoming adversity, finding acceptance, and finding love. Zongyan's story is an inspiration to everyone who has ever struggled with their weight, their appearance, or their mental health.

Love Is Blind is a beautiful and moving memoir that will stay with you long after you finish reading it. It is a story that will inspire you to believe in yourself and to never give up on love.

## Buy Love Is Blind Today

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## About the Author

Zongyan Hu is a writer, speaker, and advocate for eating disFree Download awareness. She is the author of the memoir Love Is Blind. Zongyan's work has been featured in The New York Times, The Washington Post, and NPR. She lives in California with her husband and two children.



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