

# THE CRUSADERS

The future just got a whole lot brighter for women, thanks to these boundary breakers who are tackling tough issues like gender bias, body image and equal access to education. (You're welcome.)



Dan MacMedan/Getty Images



## CANDACE CAMERON BURE, 40

Shedding light on midlife eating disorders

Cohost, *The View*

**Y**ou wouldn't know by looking at fit, happy Candace Cameron Bure that her past was anything but sunny.

But as she revealed in her 2011 memoir, *Reshaping It All*, Candace had hidden an eating disorder for years. "So many people think that eating disorders are a teenage problem, but I was in my 20s," says Candace, former child star of *Full House*. "I've met people suffering in their 30s, 40s, up to 80 years old," she says. Gaining strength from her faith, she successfully sought help.

In 2016, Candace teamed up with the Eating Recovery Center to raise awareness. "One of the great things about being a celebrity is that you are given a platform to highlight things you feel strongly about," she says. "My goal is to encourage other people to know that there's hope. I've learned that enjoying life is what's important."