

Anorexia A Stranger In The Family

Anorexia Nervosa Going Hungry The Stranger in My Bed Feminist Perspectives on Eating Disorders Agony of Hercules or a Farewell to Democracy (Notes of a Stranger) The Stranger in the Mirror Almost Anorexic Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir Anorexia Stranger in My Own Body Portrait of an Anorexic Skinny The Development of Anorexia Nervosa Anorexia Nervosa, Recent Developments in Research Empty Rotting Fruit: Overcoming Eating Disorders and Living Fruitful Lives for Christ Famished Understanding Teen Eating Disorders Remembering Judith Tyranny The Stranger in Your House Elena Vanishing Eating Disorders Beautiful Monster Hope, Help & Healing for Eating Disorders An Apple a Day Mealtimes and Milestones Believe Anorexic Hunger Makes Me a Modern Girl Thinner Than Thou Eating with Your Anorexic Writing Size Zero Stranger Than Paradise Married to a Stranger Overcoming Binge Eating For Dummies My Life as a Male Anorexic Boys Get Anorexia Too Anorexia Anorexia and Bulimia Hungry Hell

Anorexia Nervosa

This breakthrough book answers, via a finely detailed clinical presentation, the question how anorexia develops. It clearly demonstrates the continuity of the psychological pathways from birth to adolescence which led two female subjects to develop anorexia, the only two in a cohort of thirty-eight to do so.

Going Hungry

Do you ever get hungry? Too hungry to eat? Holly's older sister, Giselle, is self-destructing. Haunted by her love-deprived relationship with her late father, this once strong role model and medical student, is gripped by anorexia. Holly, a track star, struggles to keep her own life in balance while coping with the mental and physical deterioration of her beloved sister. Together, they can feel themselves slipping and are holding on for dear life. This honest look at the special bond between sisters is told from the perspective of both girls, as they alternate narrating each chapter. Gritty and often wryly funny, *Skinny* explores family relationships, love, pain, and the hunger for acceptance that drives all of us.

The Stranger in My Bed

Pressured by media, friends, and fashion trends, Anna develops an eating disorder that controls every aspect of her life until she finally decides to get help.

Feminist Perspectives on Eating Disorders

From the guitarist of the pioneering band Sleater-Kinney, the book Kim Gordon says "everyone has been waiting for" and a New York Times Notable Book of 2015-- a candid, funny, and deeply personal look at making a life--and finding yourself--in music. Before Carrie Brownstein became a music icon, she was a young girl growing up in the Pacific Northwest just as it was becoming the setting for one of the most important movements in rock history. Seeking a sense of home

and identity, she would discover both while moving from spectator to creator in experiencing the power and mystery of a live performance. With Sleater-Kinney, Brownstein and her bandmates rose to prominence in the burgeoning underground feminist punk-rock movement that would define music and pop culture in the 1990s. They would be cited as “America’s best rock band” by legendary music critic Greil Marcus for their defiant, exuberant brand of punk that resisted labels and limitations, and redefined notions of gender in rock. **HUNGER MAKES ME A MODERN GIRL** is an intimate and revealing narrative of her escape from a turbulent family life into a world where music was the means toward self-invention, community, and rescue. Along the way, Brownstein chronicles the excitement and contradictions within the era’s flourishing and fiercely independent music subculture, including experiences that sowed the seeds for the observational satire of the popular television series *Portlandia* years later. With deft, lucid prose Brownstein proves herself as formidable on the page as on the stage. Accessibly raw, honest and heartfelt, this book captures the experience of being a young woman, a born performer and an outsider, and ultimately finding one’s true calling through hard work, courage and the intoxicating power of rock and roll. From the Hardcover edition.

Agony of Hercules or a Farewell to Democracy (Notes of a Stranger)

Presents information on anorexia, including its causes, its effect on health, and the possibility of curing it, through essays, quotations, statistics, and suggestions for further research.

The Stranger in the Mirror

How often have we struggled unsuccessfully to find a way to change an unsatisfying and unfulfilled life? In this fascinating new book we are drawn into a world of adventure and mystery as eight people reveal new avenues of self-discovery. All of us are repositories of past experiences and forgotten memories that help to mold our personalities and influence our behavior. Uncovering such hidden parts of ourselves often discloses how we remain shackled by forces beyond our awareness. Dr. Berenson's absorbing and stimulating book shows new ways to awaken our conscious minds to the unknown forces within us. These remarkable case histories offer an inside look at the destructive influence of deeply hidden conflicts that often remain buried for a lifetime. Facing enormous obstacles, these eight courageous people took the path of guided imagery to find the underlying causes of what had appeared to be insurmountable problems.

Almost Anorexic

Introduces case studies of patients with anorexia and bulimia and provides in-depth details of the disorders.

Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders -- A Memoir

Advancing the literature on a critical topic, this important new work illuminates the relationship between the anguish of eating disorder sufferers and the problems of ordinary women. The book covers a wide variety of issues - from ways in which gender may predispose women to eating disorders to the widespread cultural concerns these problems symbolize. Throughout, the psychology of women is reflected in the concepts and methods described; there is an explicit commitment to political and social equality for women; and therapy is reevaluated based on an understanding of the needs of women patients and the potentially differing contributions of male and female therapists. Providing valuable insights into the critical problem of eating disorders, this book is essential reading for clinicians and researchers alike. Also, by examining many of the ways in which women are affected by and respond to society's gender politics, the book may be used as a text in women's studies courses.

Anorexia

Stranger in My Own Body

This is a different sort of anorexia book. My Hungry Hell is not simply about recovery. Journeying back into the mindset of her 24-year-old self, Kate seeks to relive the experience of anorexia and, with the help of those suffering from the disease now, to explain its cruel contradictions.

Portrait of an Anorexic

Skinny

Democracy: From Triumph to Suicide What type of society most corresponds to the ideals of justice and rule of law? The answer seemed obvious: democracy. Today it seems a paradox, but ancient thought, humanism, as well as rational thinking with undisguised skepticism are related to democracy. They knew how easy and quickly it transformed into ochlocracy. However, founding fathers of Liberal Democracy, like de Tocqueville, thought that rationalism, combined with a compulsory educational system, improvement of living standards, and an advanced legal system, would become a guarantee of democratic development. Unfortunately, these supporting columns are fatally destroyed today. The idea of equal opportunities was changed by unrestrained craving for consumption and hedonism. We see people completely disconnected from their culture, their own country, or the world. The Principle of "the art of goodness and fairness" by Celsus the Younger, the Principle of "pursuing and obtaining happiness and safety" of The Virginia Declaration of Rights of 1776, and the Principle of Utility by Bentham and Mill have been perverted and emasculated to the extent that they have just stopped working. The growing "Red-Green-Brown Alliance" threatens not only Democracy, but states of the West. But the most sinister metamorphosis has occurred to the concept of "human rights." Human rights organizations have become the "new church," following own ideological orientation and financial interests. It canonizes "human rights," but despises the "human" as a creature that

is creative, intelligent, and responsible for its own destiny. It has a distinct racist odor and shows contempt toward minorities—religious and sexual. Astonishingly, having lost its internal stability, democracy seeks for an unrestrained expansion. We observe the silliness worthy of new Moliere's pen: "democratic elections" between tribes practicing a ritual cannibalism, as in Papua New Guinea; between tribal clans like in Pakistan; between religious zealots, as this happened in Egypt. Wasn't it a cruel mockery of History that the EU that was on the verge of collapse virtually awarded itself the Nobel Peace Prize, as it was done by senile Soviet leaders; that the President of USA got the same prize just for empty slogans, like Leonid Brezhnev? As it often happens in History, the most pure and noble idea degenerates into its opposite, turning into a parody of itself.

The Development of Anorexia Nervosa

Ranging in age and backgrounds, a group of twenty authors describes their individual experiences and battles with anorexia from the perspective of recovery, with candid essays by Jennifer Egan, Francine du Plessix Gray, Joyce Maynard, Francesca Lia Block, and others on the ailment, its role in their lives, and the link between anorexia and the search for direction. Original. 25,000 first printing.

Anorexia Nervosa, Recent Developments in Research

A source of hope and valuable information for parents of children with eating disorders This poignant and informative narrative relates how one mother rescued her daughter from the "experts" and treated the girl's life-threatening anorexia using a controversial approach. Known as the Maudsley Approach, this home-based, family-centered therapy, developed in Great Britain in the 1980s, has been receiving a lot of press here over the past few years. While it has been widely used in Europe for many years and is rapidly gaining acceptance among parents and within the pediatric and child psychiatric communities in the United States, until now, there were no popular books on the subject. Must-reading for parents of children with eating disorders, Eating with Your Anorexic is: The first popular book on an increasingly popular approach to curing eating disorders A source of practical information and guidance for parents of children with eating disorders An eloquent narrative filled with pathos that inspires, empowers, and informs

Empty

Discover groundbreaking findings on a hidden epidemic -- and why it so often is misdiagnosed. You peer into the mirror and have trouble recognizing yourself. You feel as if you're going through the motions of life or you're watching a movie of yourself. These are all symptoms of dissociation -- a debilitating psychological condition involving feelings of disconnection that affects 30 million people in North America and often goes untreated. The Stranger in the Mirror offers unique guidelines for identifying and recovering from dissociative symptoms based on Dr. Marlene Steinberg's breakthrough diagnostic test. Filled with fascinating case histories of people with multiple personalities, this book provides enlightening insights into how all of us respond to trauma and overcome it. Her innovative method of treatment will benefit anyone in search of a healthier sense of self and a

heightened capacity for joy.

Rotting Fruit: Overcoming Eating Disorders and Living Fruitful Lives for Christ

"Susan Burton is ready to come clean. Happily married with two children, working at her dream job, she has lived a secret life of compulsive eating and starving for twenty-five years. This is a relentlessly honest, fiercely intelligent narrative of living with binge-eating disorder. When Burton was thirteen, her stable life in suburban Michigan was turned upside down by her parents' abrupt, hostile divorce, and she moved to Colorado with her mother and sister. She seized on this move west as an adventure and an opportunity to reinvent herself from middle-school nerd to popular teenage girl. But she hadn't escaped unscathed, and in the fallout from her parents' breakup--including her mother's intensifying alcoholism--an inherited fixation on thinness went from "peculiarity to pathology." She entered into a painful cycle of anorexia, or "iron purity" and feral binge eating that formed the subterranean layer of her sunny life. This is the story not only of loosening the grip of her compulsion but of moving past her shame and learning to tell her secret. In tart, soulful prose Susan Burton strikes a blow for the importance of women's stories, brings to life an indelible cast of characters and tells a story of exhilaration, longing, compulsion and hard-earned self-revelation"--

Famished

Despite the relevance of eating disorders in the past years, the pure core of these mental disorders remains unknown. In this regard, it is not a surprise that the biopsychosocial model is the best way to go forward in order to understand and to improve the different approaches, biological (mainly neurobiological), psychological, and social, in managing these disorders. Eating disorders are frequent pathologies, many times severe and often devastating for patients and their families. Biological, psychological, and social factors are always involved in these disorders, and knowledge about the influence of these factors helps us to better understand eating disorders. This book includes different studies about main topics of eating disorders and is useful for psychologists, doctors and others interested in this disorder.

Understanding Teen Eating Disorders

Understanding Teen Eating Disorders introduces readers to common teen eating disorder scenarios, their warning signs, and treatment options. Each chapter examines a teen or tween and brings the factors, whether they be environmental, genetic, co-existing conditions, etc. that contribute to his or her eating disorder, to life, while seamlessly integrating the latest research in gene inheritance, brain chemistry, and eating disorders in accessible, reader-friendly language. Each chapter provides treatment options, including outpatient, group therapy, and in-patient programs, for both the young person and the family. Each also ends with a Q & A section that reflects the concerns a parent, loved one, or treatment professional may have.

Remembering Judith

When Rebecca Lester was eleven years old—and again when she was eighteen—she almost died from anorexia nervosa. Now both a tenured professor in anthropology and a licensed social worker, she turns her ethnographic and clinical gaze to the world of eating disorders—their history, diagnosis, lived realities, treatment, and place in the American cultural imagination. *Famished*, the culmination of over two decades of anthropological and clinical work, as well as a lifetime of lived experience, presents a profound rethinking of eating disorders and how to treat them. Through a mix of rich cultural analysis, detailed therapeutic accounts, and raw autobiographical reflections, *Famished* helps make sense of why people develop eating disorders, what the process of recovery is like, and why treatments so often fail. It's also an unsparing condemnation of the tension between profit and care in American healthcare, demonstrating how a system set up to treat a disease may, in fact, perpetuate it. Fierce and vulnerable, critical and hopeful, *Famished* will forever change the way you understand eating disorders and the people who suffer with them.

Tyranny

This book brings together the thinking of an international group of clinicians, researchers, and professionals from different disciplines and is based primarily on a selection of papers presented at a conference on the same topic held at the Tavistock Centre, London, in November 1996, but with additional original contributions. It presents a dialogue amongst the various perspectives that can be taken about atypical gender identity development and their relevance to mental health in children and adolescents. The book is for multidisciplinary professional readership and interested lay people.

The Stranger in Your House

Offers information on the possible causes, incidence, effects, treatment, and prevention of anorexia. Includes life stories told by recovering anorexics.

Elena Vanishing

Best-selling author Dr. Gregory L. Jantz offers hope and help for parents of teens. Adolescence is a frightening and complicated time – for teens and parents. Keeping the roller coaster of the teen years on track takes work and wisdom. Many parents simply don't know where to start. With Dr. Jantz's help they can stop worrying about the turbulence of adolescence and take action. With included resources, reflection questions, and guidance from a Christian perspective, parents learn how to become a port in the storm for their teenager, discovering the God-designed future and promise that awaits.

Eating Disorders

At 14, Constance Barter was admitted as an in-patient to a specialist eating disorders unit where she remained for seven months. During that time, she kept a

diary which sheds light on what it means to have anorexia, how it affects your life, and how it is not just a faddy diet or attention seeking disorder.

Beautiful Monster

Almost Anorexic

Hope, Help & Healing for Eating Disorders

Asking for help is only the first step Jennifer can't go on like this—binging, purging, starving, all while trying to appear like she's got it all together. But when she finally confesses her secret to her parents and is hospitalized at the Samuel Tuke Center, her journey is only beginning. As Jennifer progresses through her treatment, she learns to recognize her relationships with food, friends, and family—and how each relationship is healthy or unhealthy. She has to learn to trust herself and her own instincts, but that's easier than it sounds. She has to believe—after many years of being a believearexic. Using her trademark dark humor and powerful emotion, J. J. Johnson tells an inspiring story that is based on her own experience of being hospitalized for an eating disorder as a teenager. The innovative format—which tells Jennifer's story through blank verse and prose, with changes in tense and voice, and uses forms, workbooks, and journal entries—mirrors the protagonist's progress toward a healthy body and mind.

An Apple a Day

Like hysteria, anorexia is a fin de siècle pathology which fascinates and has reached epidemic proportions at the turn of the millennium. Parallel to the development of the phenomenon, an important body of experiential texts has revealed its presence in various parts of the world. While the medical discourse is still struggling with this conundrum, literature gives way to different interpretations by revealing the interconnectedness between writing and starving. Both signifying practices are experiences of the limit where fluxes of particles - food, words - are in constant interaction. Unlike most contemporary readings of anorexia, this book offers an original insight into the creative process inherent to the pathology, which the author calls Writing Size Zero. Body of writing and writing of the body, as found in western and post-colonial texts, delineate an in-between space producing new epistemologies. Through a close reading of the semiotics of self-starvation, the author debunks the myth of anorexia as a mental disease of the West and insists on the variety of expressions and figurations inherent to the pathology. By providing a meaning to self-starvation, writing gives anorexia its ethics.

Mealtimes and Milestones

Written from the perspective of a teenager, this chilling psychological thriller follows Tessa as she copes with the blood-stained event that changed her life forever. Set in Perth, Western Australia, this gripping novel demonstrates how Tessa clings to anorexia and to her sinister, imaginary friend, Ned—her greatest support and her staunchest ally who is privy to her deepest secrets—in an attempt to deal with the loss of her brother and the resulting change in her parents.

Believarexic

Katie Metcalfe takes readers through the daily struggle with this potentially lethal obsession. It is a harrowing account of her triumphs and tragedies on the long road to recovery after being hospitalized at 15. We learn of Katie's constant battle with 'the voice' when her pride at improving her health is overshadowed by the fear of over eating. It is a story of a young girl at war with herself and anyone who fights to keep her alive. However, Katie Metcalfe's book is more than a personal journey - it is the story of the impact of her illness on her family. With remarkable candour Katie's parents and siblings tell of the shocking impact on close relatives - when anorexia creates a stranger in the family. Katie's honesty combined with her talent for writing, gives a real sense of the horror of anorexia and its power to dominate lives. It is a true account of a family's hard won victory over a disease that kills.

Hunger Makes Me a Modern Girl

Seventeen-year-old Elena is vanishing. Every day means renewed determination, so every day means fewer calories. This is the story of a girl whose armor against anxiety becomes artillery against herself as she battles on both sides of a lose-lose war in a struggle with anorexia. Told entirely from Elena's perspective over a five-year period and cowritten with her mother, award-winning author Clare B. Dunkle, Elena's memoir is a fascinating and intimate look at a deadly disease, and a must read for anyone who knows someone suffering from an eating disorder.

Thinner Than Thou

Imagine struggling with anorexia for seven years and finding yourself in the hospital weighing 56 pounds at 20 years old. Your parents are planning your funeral, and you are given little chance to live. Fast-forward one year. You are now 221 pounds and obese. *Safety in Numbers: From 56 to 221 Pounds, My Battle with Eating Disorders* is Brittany Burgunder's raw and captivating memoir of her 10-year battle with three forms of severe eating disorders -- anorexia, binge eating, and bulimia. Taken from her extensive journals, she shares her uncensored and disturbing story of fear, sadness, chaos, disbelief, and darkness. In the end, though, her first-person account gives a message of hope and triumph. *Safety in Numbers* is a brutally honest and unique account highlighting a profound struggle at both ends of the weight spectrum with eating disorders. Brittany's battle shows that a happy and healthy life is possible no matter how hopeless the situation may seem. It provides a firsthand look into an unthinkable journey that will mesmerize, move, and inspire readers. Ultimately, it is a story of survival and strength -- no matter what the struggle.

Eating with Your Anorexic

Inspired by today's headlines, this riveting new novel by the Edgar Award-nominated author of "The Girl Next Door" tells the story of a young newlywed who survives a brutal attack and must confront the possibility that her husband tried to kill her.

Writing Size Zero

TV says it. Magazines say it. American society commands it. You must be thin. You must be young. Fad diets. Fat-purging pills. Fitness clubs. Liposuction. Breast implants. Steroids. In the tomorrow of Thinner Than Thou, the cult of the body has become the one true religion. The Dedicated Sisters are a religious order sworn to help anorexic, bulimic, and morbidly obese youth. Throughout the land, houses of worship have been replaced by the health clubs of the Crossed Triceps. And through hypnotically powerful evangelical infomercials, the Reverend Earl preaches the heaven of the Afterfat, where you will look like a Greek god and eat anything you want. Just sign over your life savings and come to Sylphania, the most luxurious weight-loss spa in the world, where the Reverend himself will personally supervise your attainment of physical perfection. But the glory of youth and thinness that America worships conceals a hidden world where teens train for the competitive eating circuit, where fat porn and obese strippers feed people's dark desires, and where an underground railroad of rebellious religions remember when people worshipped God instead of the Afterfat. As Annie, an anorexic, and her friend Kelly, who is so massive she can barely walk, find out, the tender promises of the Dedicated Sisters are fulfilled by forced feedings and enforced starvation in hidden prisons. As middle-aged Jeremy discovers, Sylphania is a concentration camp where failure to lose weight and tone up leads to brutal punishment. The Rev. Earl's public sympathy for the overweight conceals a private contempt . . . and, beneath that, a terrible longing known only to a select few. The inevitable decay of old age is the only thing keeping mankind from reaching perfection. Luckily, Reverend Earl has a plan that will take care of that At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Stranger Than Paradise

An account of anorexia nervosa in a 12 year old boy and the effect on his family. Provides an account of his treatment and tips for parents on how to manage everyday situations.

Married to a Stranger

A true story of shattered childhoods Following her escape from Nazi Germany and the loss of her family Judith searches for unconditional love and acceptance. In a bleak boarding house she meets her future husband - another Jewish refugee who cares for her when she is ill. Tragically she associates illness with love and a pattern is set. Judith's behaviour eventually spiral into anorexia - a disease little known or understood in 1950's Britain. While she starves herself, Judith forces Ruth, her daughter, to eat. She makes elaborate meals and watches her consume them. She gives her a pint of custard before bed each night. As the disease progresses roles are reversed. Ruth must care for her mother and loses any hope of a normal childhood. The generation gap is tragically bridged by loss and extreme self-loathing, in this moving true story of a family's fight to survive.

Overcoming Binge Eating For Dummies

"Revised and expanded with the latest information on body image, food addiction, brain science, nutrition, and more."

My Life as a Male Anorexic

(Limelight). A ground-breaking critical survey of the talented, audacious, and influential directors Hal Hartley, Jim Jarmusch, Spike Lee, John Sayles, Quentin Tarantino, among others who, dominating the "independent scene," have revitalized American film. Illustrated throughout, index.

Boys Get Anorexia Too

Control binge eating and get on the path to recovery Overcoming Binge Eating for Dummies provides trusted information, resources, tools, and activities to help you and your loved ones understand your binge eating — and gain control over it. Written with compassion and authority, it uses stories and examples from the authors' work with clients they've helped to overcome this complicated disorder. In Overcoming Binge Eating For Dummies, you'll find information and insight on identifying the symptoms of binge eating disorder, overcoming eating as an addiction, ways to overcome the urge to binge, how to institute a healthy eating pattern, ways to deal with anxiety and emotional eating, and much more. Provides professional resources for seeking additional help for binge eating Includes advice on talking with loved ones about binge eating Offers tips and guidance to establish a safe and healthy recovery plan Overcoming Binge Eating For Dummies is for those currently suffering or recovering from BED, as well as families and friends looking for a comprehensive and expert resource to this widespread but largely misunderstood disorder.

Anorexia

My Life as a Male Anorexic is a uniquely male point of view of anorexia nervosa. It is the autobiographical account of a young man's ongoing struggle with anorexia. Michael shared his story as part of the featured health segment "Men Dying to be Thin" on WSVN Channel 7 News in Miami, Florida, in May 1997. Michael Krasnow has had anorexia since 1984, and he chronicles his daily struggles, feelings, and experiences in this book. He writes in a relaxed, easygoing manner that makes the book appealing to all readers. While ignoring statistics and not pretending to be an expert on the disorder, Michael simply tells readers what his life is like and how anorexia has affected--even controlled--it. As of today, Michael has maintained his weight at 75 pounds on a 5-foot, 9-inch frame. Anyone who suffers, or anyone who knows someone who suffers from, anorexia will learn that male anorexia is a serious problem and that there needs to be psychological and medical help for the boys and men who struggle with anorexia. As Michael begins his book, "For years, anorexia existed, but very few people knew of it. Women who suffered from it did not realize that they were not alone. Eventually, as more became known and anorexia became more publicized, a greater number of women came forward to seek help, no longer feeling that they would be considered strange or outcasts from society. Maybe with the publication of this book, more men with the problem will realize that they are not alone either, and that they do not suffer from a

'woman's disease.' They can come forward without worrying about embarrassment." Michael's story will baffle, frustrate, sadden, and irritate readers, whether they are interested in the human side of Michael's story, whether they are workers in the medical field--psychologists, psychiatrists, doctors, nurses, aides, social workers, mental health counselors--or whether they are teachers, coworkers, friends, or relatives of a male with anorexia. *My Life as a Male Anorexic* begins to shed light on the little-known or discussed problem of male anorexia nervosa.

Anorexia and Bulimia

Hungry Hell

"She does a good job of explaining how an anorexic worries that if she relaxes the rules, she will be insatiable. An insightful and fascinating read." —Booklist I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat . . . Remember when Kate Moss said, 'Nothing tastes as good as skinny feels'? She's wrong: chocolate does. At the age of thirty-three, after ten years of hiding from the truth, Emma Woolf finally decided it was time to face the biggest challenge of her life. Addicted to hunger, exercise, and control, she was juggling a full-blown eating disorder with a successful career, functioning on an apple a day. Having met the man of her dreams, and wanting a future and a baby together, she decided it was time to stop starving and start living. Honest, hard-hitting, and spoken from the heart, *An Apple a Day* is a manifesto for the modern generation to stop starving and start living. "In this heartfelt look at the causes of her eating disorder, Woolf emphatically states that her anorexia was not the result of striving to look good based on unrealistic media images but rather a mental illness based on her need for control . . . Insightful and informative, with fresh insights." —Kirkus Reviews

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