

Anorexia: A Stranger In The Family

An editor at This American Life reveals the searing story of the secret binge-eating that dominated her adolescence and shapes her still. "Her tale of compulsion and healing is candid and powerful."—People NAMED ONE OF THE BEST BOOKS OF THE YEAR BY MARIE CLAIRE For almost thirty years, Susan Burton hid her obsession with food and the secret life of compulsive eating and starving that dominated her adolescence. This is the relentlessly honest, fiercely intelligent story of living with both anorexia and binge-eating disorder, moving past her shame, and learning to tell her secret. When Burton was thirteen, her stable life in suburban Michigan was turned upside down by her parents' abrupt 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 in the fallout from her parents' breakup, an inherited fixation on thinness went from "peculiarity to pathology." Susan entered into a painful cycle of anorexia and binge eating that formed a subterranean layer to her sunny life. She went from success to success—she went to Yale, scored a dream job at a magazine right out of college, and married her college boyfriend. But in college the compulsive eating got worse—she'd binge, swear it would be the last time, and then, hours later, do it again—and after she graduated she descended into anorexia, her attempt to "quit food." Binge eating is more prevalent than anorexia or bulimia, but there is less research and little storytelling to help us understand it. In tart, soulful prose Susan Burton strikes a blow for the importance of this kind of narrative and tells an exhilarating story of longing, compulsion and hard-earned self-revelation.

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This book provides a snapshot of the latest theoretical and empirical work on social psychological approaches to stigma and group inequality. It focuses on the perspective of the stigmatized groups and discusses the effects of the stigma on the individual, the interacting partners, the groups to which they belong, and the relations between the groups. Broken into three major sections, *Stigma and Group Inequality*: *discusses the tradeoffs that stigmatized individuals must contend with as they weigh the benefits derived from a particular response to stigma against the costs associated with it; *explores the ways in which environments can threaten one's intellectual performance, sense of belonging, and self concept; and *argues that the experience of possessing a stigmatized identity is shaped by social interactions with other members in the stigmatized group as well as members of other groups. *Stigma and Group Inequality* is a valuable resource for students and scholars in the fields of psychology, sociology, social work, anthropology, communication, public policy, and political science, particularly for courses on stigma, prejudice, and intergroup relations. The book is also accessible to teachers, administrators, community leaders, and concerned citizens who are trying to understand and improve the plight of stigmatized individuals in school, at work, at home, in the community, and in society at large.

Eating disorders, such as anorexia nervosa, bulimia nervosa and binge and disordered eating, affect a significant proportion of the general population. They can cause untold suffering to those with the disorder, and those around them, who find themselves at a loss how to help their loved one. For the first time, this unique bundle combines hope and inspiration to those experiencing eating disorders either first-hand or up close. Includes: self-help programmes for the eating disorders and the inspirational diary of recovery written by an ex-sufferer of Anore

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Nervosa, now a Youth Ambassador for Beat, the Eating Disorders association. Includes the following: Overcoming Anorexia Overcoming Bulimia Nervosa & Binge-Eating Overcoming Perfectionism Overcoming Low Self-Esteem Mealtimes & Milestones

Feeding Anorexia challenges prevailing assumptions regarding the notorious difficulty of curing anorexia nervosa. Through a vivid chronicle of treatments at a state-of-the-art hospital program, Helen Gremillion reveals how the therapies participate unwittingly in culturally dominant ideals of gender, individualism, physical fitness, and family life that have contributed to the dramatic increase in the incidence of anorexia in the United States since the 1970s. She describes how strategies including the meticulous measurement of patients' progress in terms of body weight and calories consumed ultimately feed the problem, not only reinforcing ideas about the regulation of women's bodies, but also fostering in many girls and women greater expertise in the formidable constellation of skills anorexia requires. At the same time, Gremillion shows how contradictions and struggles in treatment can help open up spaces for change. Feeding Anorexia is based on fourteen months of ethnographic research in a small inpatient unit located in a major teaching and research hospital in the western United States. Gremillion attended group, family, and individual therapy sessions and medical staff meetings; ate meals with patients; and took part in outings and recreational activities. She also conducted over one hundred interviews-with patients, parents, staff, and clinicians. Among the issues she explores are the relationship between calorie-counting and the management of consumer desire; why the "typical" anorexic patient is middle-class and white; the extent to which power differentials among clinicians, staff, and patients model "anorexic families"; and the potential of narrative therapy to constructively reframe some of the problematic assumptions underlying

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more mainstream treatments.

Life Without Ed

Is My (or My Loved One's) Relationship with Food a Problem?

Childhood Onset Anorexia Nervosa and Related Eating Disorders

A Stranger at the Table

Dealing with Your Child's Eating Disorder

A Memoir and Call to Action

Crazy Like Us

Almost Anorexic

Eating disorders are usually associated with females but there are an increasing number of males affected by anorexia and bulimia. Often there is a link between male eating disorders and athletic prowess, and the quest for physical perfection can result in damaging behaviours associated with diet, supplements and exercise. This unique and important book combines a mine of information with a readable and engaging case study. The author was shocked and horrified when her son developed anorexia at the age of twelve. Having a research background, she naturally turned her attention to finding out as much as she could about how best to combat this terrifying illness. Her son is now fully recovered and has supported this book that not only describes their experiences, but also provides a practical guide on how to cope with male eating disorders. A much needed resource for other parents in

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similar situations, the book will also be of interest to people working in health centres, clinics and hospitals. It will also be invaluable for youth support groups, teachers and sports coaching staff, who are often the first to be aware of concerns about eating disorders in young men. Jenny is a Chartered Accountant who worked in the pharmaceutical industry for many years. Latterly she has also worked in the Financial Services Industry (for six years) as a pharmaceutical and healthcare analyst and salesperson. She is a member of the Eating Disorder Association and a volunteer member of their Self Help Network.

For more than thirty years, Lisa Nasseff has faced the scourge of anorexia. She began dieting at age 9. By age 12 she was using laxatives to purge herself. By age 15 she made more than a dozen trips to the emergency room. At 16 she was committed by court order to a psych ward, where doctors spent months trying to convince her that childhood sexual abuse—which had never occurred—was the cause of her illness. She was ridiculed and shamed for her eating disorder, told by medical professionals that her anorexia was “an act,” a choice she could willfully “control” if only she had the character and strength to do so. Lisa’s nightmare continued into adulthood. After losing both her marriage and career and surviving several suicide attempts, she was severely over-medicated and subjected to phony hypnosis therapy in

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an eating disorders clinic, where doctors were certain that her anorexia stemmed from participation in a satanic cult. Failed by a negligent insurance “industry” that sanctioned this lunacy and by incompetent treatment “experts” who understood neither the complexities of anorexia nor humane ways to treat it, Lisa was in her mid-thirties before she began to receive clinically-proven therapies that helped manage her illness. Flagrantly Anorexic is both a memoir and a call to action. It recounts in detail Lisa’s struggle with anorexia, but this book is also a demand for a new mental health system that treats eating disorders with effective, evidence-based treatments instead of hucksterism and witchcraft. Every 62 minutes at least one person in the U.S. dies from an eating disorder. Nearly half of all Americans know someone with one. Anorexia is not a “condition” and absolutely not a choice—it’s a mental illness, a crisis that can’t be ignored. After more than thirty years in hell, no longer embarrassed and ashamed by the hand she was dealt, Lisa Nasseff has found her voice. In this unforgettable book, she asks you to join in her cause—that those who suffer from eating disorders receive the treatment and compassion they deserve.

This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative, accessible, and eminently practical volume. From

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leading international authorities, 112 concise chapters encapsulate the latest information on all pertinent topics, from biological, psychological, and social processes associated with risk, to clinical methods for assessment and intervention. Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume.

Eating Disorders and Obesity

An Apple a Day

Body Image, Beauty, and Life after Pregnancy

A Young Man's Battle and Triumph Over Anorexia

Empty

Advances in Eating Disorders

A Paradigm of the Biopsychosocial Model of Illness

A woman suffering from anorexia struggles to understand the cause of her eating disorder and, more importantly, becomes determined to stop starving and start living. 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

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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.

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.

This text concentrates on anorexia nervosa and related eating disorders in children, looking specifically at childhood onset anorexia nervosa and eating disorders. The editors' aim has been to integrate theory, research and practice. The book shows how varied and complex the eating disorders of childhood and early adolescence are.; It includes a detailed review of the classification, epidemiology, causation and presentation of the various eating disorders. The opening chapter is written by the mother of a young sufferer, and describes

in detail her experiences as well as those of other mothers in similar situations. The latter half of the book is devoted to a practical description of the treatment techniques for those problems.

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.

Boys Get Anorexia Too

The Complete Guide to Overcoming Eating Disorders, Perfectionism and Low Self-Esteem (ebook bundle)

Mom in the Mirror

Eating Disorders and Cultures in Transition

Please Eat: A Mother's Struggle to Free Her Teenage Son from Anorexia

A Goddess Feminist Thealogy

Helping Your Child Recover

Widely popularized images of unobtainable and damaging feminine ideals can be a cause of profound disjunction between women and their bodies. A consequence of this dissonance is an embodied performance of these ideals with the potential development of disordered eating practices, such as anorexia nervosa. This book

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develops a spirituality of anorexia by suggesting that these eating disorders are physical symptoms of the general repression of feminine nature in our culture. Furthermore, it puts forward Goddess feminism as a framework for a healing therapeutic model to address anorexia and more broadly, the "slender ideal" touted by society. The book focuses on the female body in contemporary society, specifically the development of anorexia nervosa, and what this expression communicates about female embodiment. Drawing upon the work of a variety of theorists, social commentators, liberation theologians and theologians, it discusses the benefits of adopting female-focused myths, symbols and rituals, drawing upon the work of Marion Woodman and Naomi Goldenberg. Ultimately, it theorises a theological approach to anorexia aimed at displacing the damaging discourses that undermine women in the twenty-first century. Offering an alternative model of spirituality and embodiment for contemporary women, this book will be of keen interest to scholars of theology, religious studies, gender studies and psychology. A licensed professional counselor shares how he conquered his out-of-control compulsion to exercise and starve himself which led to multiple hospitalizations and how he overcame a shaming inner voice, which he calls "IT," that convinced him to become thinner.

Provides guidance on how to identify the symptoms of binge eating disorder, successfully treat it, and find solutions to overcome urges to binge.

In a treatment center for eating disorders, teenagers Shoshana and Rowan develop an intense, sometimes destructive connection. Ultimately, the girls will have to

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make a choice: get healthy on their own—or stay sick together.

Before We Were Blue

A Memoir

Eating Disorders and Obesity, Second Edition

Prevention and Recovery from Eating Disorders in Type 1 Diabetes

Aliens & Anorexia

A Comprehensive Handbook

Stigma and Group Inequality

Mom in the Mirror: Body Image, Beauty, and Life after Pregnancy is for every woman who has ever doubted herself or her self-worth after the birth of a child. Because most women spend much of their lives attempting to change their bodies, it's not surprising that the weight gain that comes along with pregnancy (and post-pregnancy), coupled with the challenges of parenting, only exacerbate issues with weight, body image, disordered eating, and self-esteem. Drawing on the wisdom of eating disorders expert Dr. Dena Cabrera, as well as the personal experiences of former anorexic Emily Wierenga, Mom in the Mirror is a physical, mental, emotional, and spiritual response to a female generation seeking its true identity in an appearance-based world. With chapters that deal with bruises from the past, misconceptions about pregnancy, life before and after children, marriage and motherhood, spiritual and physical nourishment, relationships with friends and family, and the changing role of a mother as her children age, it is a holistic approach to the age-old questions: Who am I, and why am I here? Comprising personal stories, expert advice, reflection questions, and helpful

tools, this book is an inspiring read intended for women everywhere who want to restore a positive body image and to overcome the insecurities that arise when pregnancy is over and child-rearing begins.

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. This open access book offers essential information on values-based practice (VBP): the clinical skills involved, teamwork and person-centered care, links between values and evidence, and the importance of partnerships in shared decision-making. Different cultures have different values; for example, partnership in decision-making looks very different, from the highly individualized perspective of European and North American cultures to the collective and family-oriented perspectives common in South East Asia. In turn, African cultures offer yet another perspective, one that falls between these two extremes (called batho pele). The book will benefit everyone concerned with the practical challenges of delivering

mental health services. Accordingly, all contributions are developed on the basis of case vignettes, and cover a range of situations in which values underlie tensions or uncertainties regarding how to proceed in clinical practice. Examples include the patient's autonomy and best interest, the physician's commitment to establishing high standards of clinical governance, clinical versus community best interest, institutional versus clinical interests, patients insisting on medically unsound but legal treatments etc. Thus far, VBP publications have mainly dealt with clinical scenarios involving individual values (of clinicians and patients). Our objective with this book is to develop a model of VBP that is culturally much broader in scope. As such, it offers a vital resource for mental health stakeholders in an increasingly inter-connected world. It also offers opportunities for cross-learning in values-based practice between cultures with very different clinical care traditions.

Eating disorders (ED) are a group of mental disorders characterized by an altered food intake and the presence of inappropriate behaviors and thoughts about weight and shape. All EDs lead to physical and psychosocial functioning impairments in the patients which, in turn, may contribute to the persistence of the disease. The severity of EDs has been highlighted by their chronicity, medical complications, comorbidity, and high rates of mortality. Therefore, to address this important health issue, the current Special Issue collected 21 articles (i.e., three reviews and 18 research articles) focusing on the most recent and relevant scientific findings regarding advances in ED, such as genetic and epigenetic factors, biomarkers, comorbidity, clinical phenotypes, neurocognition, treatment predictors, and treatment models and

therapeutic targets. Altogether, we believe that the articles contained in this Special Issue have largely achieved the initial objective of providing increased knowledge about the pathogenesis, the risk factors, the maintenance factors, and the most appropriate treatments tools for ED.

The Globalization of the American Psyche

Feeding Anorexia

Eating Disorders

Integrating Treatment, Intervention, and a Positive Family Environment

A Feminist and Sociological Perspective on Anorexia Nervosa

Case Studies and Commentaries

Culture, Families, and Therapy

This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative, accessible, and eminently practical volume. From leading international authorities, 112 concise chapters encapsulate the latest information on all pertinent topics, from biological, psychological, and social processes associated with risk, to clinical methods for assessment and intervention. The contents are organized to highlight areas of overlap between lines of research that often remain disparate. Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume.

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. Bright, popular and a star on the rugby pitch, 15 year old Ben had everything he could want. But then food-loving Ben began to systematically starve himself. At the same time his urge to exercise became extreme. In a matter of months Ben lost one quarter of his bodyweight as he plunged into anorexia nervosa, an illness that threatened to destroy him. Please eat... A mother's struggle to free her teenage son from anorexia is his mother's heart-breaking yet inspirational account of how she watched helplessly as her son transformed into someone she didn't recognise, physically and mentally. It also describes how, with the help of his parents and therapist, and through his own determination, Ben slowly began to recover and re-build his life.

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It's 1996, and Chris Kraus is in Berlin, seeking a distributor for her film Gravity & Grace, described alternately as 'an experimental 16mm film about hope, despair, religious feeling and conviction' and 'an amateur intellectual's home video expanded to bulimic lengths' ... It's 1942 in Marseille, and Simone Weil is waiting for the US entry visa that will save her from the Holocaust, while writing work described alternately as a 'radical philosophy of sadness' and 'immoral, trite, irrelevant and paradoxical' ... It's the late 90s, the millennium is approaching, and Chris Kraus is in Los Angeles, not eating, waiting for her s/m partner to reply to her emails ... It's 1943, and Simone Weil is in London, completing her project of transcendence by dying of starvation ... Filled with Chris Kraus' trademark wit and frankness, unfolding to reveal the lives of ecstatic visionaries and failed artists, *Aliens & Anorexia* is an audacious novel about failure, empathy and sadness.

Coping with Male Eating Disorders in the Family

How One Woman Declared Independence from Her Eating Disorder and How You Can Too

Wasted

Social Psychological Perspectives

Anorexic Bodies

Almost Anorexic

Eating Disorders and Expressed Emotion

Prevention and Recovery from Eating Disorders in Type 1

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Diabetes: Injecting Hope sheds light on an often overlooked and misunderstood issue: the problem of eating disorders in women with type 1 diabetes - referred to by lay people and the media as "diabulimia" and characterized by insulin restriction as a means of calorie purging for weight loss. Drawing on a series of recent interviews and over 16 years of research and clinical experience with this unique phenomenon, author Dr. Ann Goebel-Fabbri provides groundbreaking insight into the lives of women who have recovered from eating disorders in type 1 diabetes. She explores the condition's origins, its effects on the lives of those affected, and possible paths to recovery. Also included are suggestions for prevention and treatment, as well as practical and inspirational advice from now-recovered women. Prevention and Recovery from Eating Disorders in Type 1 Diabetes is a valuable guide for patients and loved ones, diabetes treatment teams, and eating disorder clinicians.

Eating disorders: do they mark cultural transition? Eating

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disorders that were once viewed as exclusive to specific class and ethnic boundaries in western culture are now spreading worldwide. This issue is fully discussed in this groundbreaking volume. Eating Disorders and Cultures in Transition is written by an international group of authors to address the recent emergence of eating disorders in various areas of the world including countries in South America, Asia, Africa and Eastern Europe. It offers an in-depth analysis of the existing socio-cultural model arguing for the need to extend both our theoretical understanding and clinical work to account properly for this global phenomenon. Eating disorders are seen as reflecting sweeping changes in the social and political status of women in the majority of societies that are now undergoing rapid cultural transition. This multidisciplinary, multinational volume reflects wide-ranging, intellectually stimulating and frequently provocative viewpoints. It promises to be of great interest to medical and mental health professionals, public policy experts and all those watching for the

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processes of cultural transformation and their impact on mental health.

Includes: an overview of eating disorders in childhood and adolescence; epidemiology; aetiology; prognosis and outcome; assessment and management.

*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.*

Overcoming Binge Eating For Dummies

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Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence

A Memoir of Anorexia and Bulimia

Injecting Hope

Flagrantly Anorexic

A Stranger in the Family

Feminist Perspectives on Eating Disorders

Getting a child through an eating disorder can be challenging. In this book 20 families from across the UK talk frankly to Bev Mattocks (author of *Please Eat*) about the effect that anorexia had on their lives. (With a Foreword by Professor Janet Treasure, OBE PhD FRCP FRCPsych.) Not only do these families want to help other parents understand this complex illness and demand prompt and effective treatment for their child, they also want to provide healthcare professionals with a unique insight into what goes on, at home, beyond the confines of the consulting room as families battle with the eating disorder 24/7. Of course with such a complex illness and widely differing personal circumstances, each story is different. Nonetheless there are overlaps that many families will identify with. By describing

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their experiences, these brave families want to help others to identify the warning signs, get help and read about the tools and coping strategies they found most helpful on the journey to recovery.

AnorexiaA Stranger in the FamilyHeadline

It is well known that American culture is a dominant force at home and abroad; our exportation of everything from movies to junk food is a well-documented phenomenon. But is it possible America's most troubling impact on the globalizing world has yet to be accounted for? In *Crazy Like Us*, Ethan Watters reveals that the most devastating consequence of the spread of American culture has not been our golden arches or our bomb craters but our bulldozing of the human psyche itself: We are in the process of homogenizing the way the world goes mad. America has been the world leader in generating new mental health treatments and modern theories of the human psyche. We export our psychopharmaceuticals packaged with the certainty that our biomedical knowledge will relieve the suffering and stigma of mental illness. We categorize disorders, thereby defining mental illness and health, and then parade these seemingly scientific certainties in front of the world. The blowback from these efforts is

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just now coming to light: It turns out that we have not only been changing the way the world talks about and treats mental illness -- we have been changing the mental illnesses themselves. For millennia, local beliefs in different cultures have shaped the experience of mental illness into endless varieties. *Crazy Like Us* documents how American interventions have discounted and worked to change those indigenous beliefs, often at a dizzying rate. Over the last decades, mental illnesses popularized in America have been spreading across the globe with the speed of contagious diseases. Watters travels from China to Tanzania to bring home the unsettling conclusion that the virus is us: As we introduce Americanized ways of treating mental illnesses, we are in fact spreading the diseases. In post-tsunami Sri Lanka, Watters reports on the Western trauma counselors who, in their rush to help, inadvertently trampled local expressions of grief, suffering, and healing. In Hong Kong, he retraces the last steps of the teenager whose death sparked an epidemic of the American version of anorexia nervosa. Watters reveals the truth about a multi-million-dollar campaign by one of the world's biggest drug companies to change the Japanese experience of depression -- literally marketing

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the disease along with the drug. But this book is not just about the damage we've caused in faraway places. Looking at our impact on the psyches of people in other cultures is a gut check, a way of forcing ourselves to take a fresh look at our own beliefs about mental health and healing. When we examine our assumptions from a farther shore, we begin to understand how our own culture constantly shapes and sometimes creates the mental illnesses of our time. By setting aside our role as the world's therapist, we may come to accept that we have as much to learn from other cultures' beliefs about the mind as we have to teach.

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.

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International Perspectives in Values-Based Mental Health Practice
A Memoir of Love and Recovery from Anorexia
Writers on Desire, Self-denial, and Overcoming Anorexia

Gender and Power at a Treatment Center

The Anorexia Workbook

Anorexia

Provides a model of family therapy for working with families across cultures.

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

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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.

Statistics suggests that as many as 2.5 percent of American women suffer from anorexia; of these, further research indicates that one in ten of these will die from the disorder. This is the only book available that addresses the particular needs of anorexics with the techniques of acceptance and commitment therapy (ACT), a revolutionary new psychotherapy. The authors of this book are pioneering researchers in the field of ACT, with numerous research articles to their credit. Despite ever-widening media attention and public awareness of the problem, American women continue to suffer from anorexia nervosa in greater numbers than ever before. This severe psychophysiological condition-characterized by an abnormal fear of becoming obese, a persistent unwillingness to eat, and severe compulsion to lose weight-is particularly difficult to treat, often because the victims are unwilling to seek help. The Anorexia Workbook demonstrates that efforts to control and stop anorexia may do more harm than good. Instead of focusing efforts on judging impulses associated with the disorder as 'bad' or 'negative,' this approach encourages sufferers to mindfully observe these feelings without reacting to them in a self-destructive way. Guided by this more

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compassionate, more receptive frame of mind, the book coaches you to employ various acceptance-based coping strategies. Structured in a logical, step-by-step progression of exercises, the workbook first focuses on providing you with a new understanding of anorexia and the ways you might have already tried to control the problem. Then the book progresses through techniques that teach how to use mindfulness to deal with out-of-control thoughts and feelings, how to identify choices that lead to better health and quality of life, and how to redirect the energy formerly spent on weight loss into actions that will heal the body and mind. Although this book is written specifically as self-help for anorexia sufferers, it includes a clear and informative chapter on when you need to seek professional treatment as well as advice on what to look for in a therapist. This book explores the ways in which anorexic women use their eating to control their bodies. It argues that the female body in modern Western culture is understood as open and accessible and female appetite as dangerous and voracious. Anorexia attempts to resist both these constructions in the creation of a closed, desireless body. Since anorexic women resist the power of collective ideologies their resistance cannot work - the closed body becomes its own prison.

Elena Vanishing

How to Accept Yourself, Heal Your Suffering, and Reclaim Your Life

Skinny

When Anorexia Came to Visit - Families Talk About How an Eating Disorder Invaded Their Lives
Believarexic

The Spirituality of Anorexia
Going Hungry

The first to synthesize the exponentially growing research on expressed emotion (EE) and eating disorders and apply it to treatment, interventions, and other scenarios, this unique text provides unprecedented guidance to students, clinicians, and researchers in the field of eating disorders. This book explores the components of relatives' attitudes and behaviors toward an ill family member and discusses a modifiable treatment target that could improve outcomes for patients through interventions, treatment plans, and future directions in research. Chapters bring together contributions from eminent scientists and clinicians in the fields of families, eating disorders, and treatment to contribute to the clinical and scholarly understanding of expressed emotion and eating disorders. Mental health professionals studying and treating eating disorders will find this text to be a valuable reference guide and will be inspired to further explore this rich and promising area of study.

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the

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romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, Wasted is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." —Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., Life Without Ed provides hope to the millions of people plagued by eating disorders. Beginning with Jenni's "divorce" from Ed, this supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than Life Without Ed. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to

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come." —Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of Spiritual Approaches in the Treatment of Women with Eating Disorders "[Life Without Ed] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it." —Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital "This uplifting book's intimate inner dialogue has energized countless young women—and men—in their own recoveries from eating disorders." —Leigh Cohn, MAT, CEDS, coauthor of Making Weight: Men's Conflicts with Food, Weight, Shape & Recovery "Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to know her and her story." —Jamie-Lynn Sigler, actress

Skinny Boy