

Anorexia

Deborah M. Michel, Susan G. Willard

Anorexics on Anorexia Rosemary Shelley, 1997 Recovering sufferers of Anorexia Nervosa describe in their own words their personal experiences of this illness, providing not only support for fellow sufferers but also invaluable insights for the families of sufferers and for carers and professionals. In each case the contributors describe: * the progression of their illness * the effect on their families * the treatment they received and its effectiveness * their perceived reasons for developing the illness * where they are now.

Decoding Anorexia Carrie Arnold, 2012-10-12 Decoding Anorexia is the first and only book to explain anorexia nervosa from a biological point of view. Its clear, user-friendly descriptions of the genetics and neuroscience behind the disorder is paired with first person descriptions and personal narratives of what biological differences mean to sufferers. Author Carrie Arnold, a trained scientist, science writer, and past sufferer of anorexia, speaks with clinicians, researchers, parents, other family members, and sufferers about the factors that make one vulnerable to anorexia, the neurochemistry behind the call of starvation, and why it's so hard to leave anorexia behind. She also addresses: • How environment is still important and influences behaviors • The characteristics of people at high risk for developing anorexia nervosa • Why anorexics find starvation "rewarding" • Why denial is such a salient feature, and how sufferers can overcome it Carrie also includes interviews with key figures in the field who explain their work and how it contributes to our understanding of anorexia. Long thought to be a psychosocial disease of fickle teens, this book alters the way anorexia is understood and treated and gives patients, their doctors, and their family members hope.

Anorexia Stephanie Watson, 2007-01-15 Describes anorexia nervosa, including causes, who is at

risk, symptoms, and where to go to get help.

When Dieting Becomes Dangerous Deborah M. Michel, Susan G. Willard, 2008-10-01 This primer on anorexia and bulimia is aimed directly at patients and the people who care about them. Written in simple, straightforward language by two experts in the field, it describes the symptoms and warning signs of eating disorders, explains their presumed causes and complexities, and suggests effective treatments. The book includes: • guidance about what to expect and look for in the assessment and treatment process; • emphasis on the critical role of psychotherapy and family therapy in recovery; • explanation of how anorexia and bulimia differ in their origins and manifestations; • information on males with eating disorders and how they are similar to and different from female patients; • a separate chapter for health care professionals who are not specialists in the diagnosis and treatment of individuals with eating disorders; • up-to-date readings, Internet sites, and professional organizations in the United States and in Europe.

Anorexia and Bulimia in the Family Gráinne Smith, 2004-04-02 Written by a mother whose daughter suffers from an eating disorder, *Anorexia and Bulimia Nervosa* is a supportive, helpful guide for families of those with eating disorders. Framed by the personal story of Gráinne Smith and her daughter, the book describes the onset and symptoms of the two disorders, as well as the typical situations family and caregivers can expect on the long road to helping the sufferer to recover. Readers will learn about the effects on family life, in particular the common feelings of isolation and helplessness, and get strategies for coping and finding more information and assistance.

Dying to Please Avis Rumney, 2009-08-11 This second edition updates the 1983 work (“a gem”—Booklist) with a wealth of new information. The author, a therapist and recovered anorexic, draws upon her own experience and extensive research to produce a comprehensive account of the

symptoms, causes and treatments of anorexia nervosa. She illuminates the anorexic's paradox—self-annihilation in service of self-preservation—and the central task of recovery: development of a Self. The author addresses the origins and attributes of anorexia and accompanying disorders, the use and misuse of the Internet, and the concept of recovery. She addresses different therapies in detail, as well as therapies for families and interventions. A directory of organizations, a list of resources for information and referral, a bibliography and index are included.

Becoming John John Evans, 2011-06 What image comes to mind when you think of Anorexia? Size Zero models floating down the catwalk? Pictures of celebrities in magazines plastered with headlines screaming Thin, Starvation, Skeleton? Or a young girl, wasting away in front of those who love her, desperately trying to be thin? I'm sure very few of you will see a young man pounding the treadmill to get rid of an extra few calories. Nor will you think of the same young man throwing his dinner in the bin because the thought of eating anything repulses him. These are the images that John Evans thinks of every day, because John Evans is that young man, and Anorexia Nervosa has been his life for fifteen years. In *Becoming John: Anorexia's Not Just For Girls*, John seeks to explode the myth that Eating Disorders are a female-only problem. Frustrated at the dearth of literature devoted to the subject of Eating Disorders in males, he has attempted to fill that void, at least in part. There are many thousands of male sufferers in Britain, some suffering in silence, some receiving treatment, some, like the author, on the road to recovery. It is hoped that *Becoming John* will at least provide a voice for this men and maybe even help some of those with no idea of where to turn to or where to find the strength to seek help. Tracing his illness from its origins in the sadness and bullying of his childhood through to the obsessions and the rituals of his adult life, John details how his relationship with Anorexia became the most important factor in his existence. Extracts from his diary detail the

struggles of his four-month inpatient admission, attempting to battle his demons and to carve his niche as the only male on a ten-patient ward. John's story details the occasional highs and much more pervasive lows of living with Anorexia, ever aware of the damage being done but feeling utterly impotent when looking for a way to fight back. By sharing his Eating Disorder with a public audience, John hopes to further weaken the hold it has over him, because nothing hurts Anorexia more than being exposed and being attacked from all angles. Maybe too, you may find something within these pages that helps you better understand the mind of an anorexic, whether you be a Health Care Professional, a carer, or someone who, like John at the start of his journey, just can't understand why they don't eat something. *Becoming John: Anorexia's Not Just For Girls* is a rollercoaster of emotions and belief, of fight and of hopelessness. Something in these pages will touch you, something in these pages could help you fight back. For a review of *Becoming John* from MenGetEDsToo.co.uk, follow this link

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Anorexia and Bulimia Elizabeth Silverthorne, 2009-09-22 While we often think of eating disorders in their physical sense, they are serious mental illnesses. The sooner someone gets the treatment he or she needs, the better the chance of a good recovery. It is important that we talk about these deadly disorders, and that teens have sources of helpful information. Author Elizabeth Silverthorne provides young readers and researchers a means of understanding these ailments and their ramifications. Readers are provided with essential insight into what eating disorders are, what causes them, and how people live with them. They will learn about effective treatment and prevention as well.

Anorexia Nervosa Janet Treasure, June Alexander, 2013-06-19 The highly respected and widely known *Anorexia Nervosa: A Survival Guide for Sufferers and Friends* was written in 1997. This long-awaited new edition builds on the work of the first book, providing essential new and updated research outcomes on anorexia nervosa. It offers a unique insight and guidance into the recovery process for those who suffer from an eating disorder as well as advice and information for their loved ones. Written collaboratively by both an expert in the field and someone with personal experience of eating disorders, this book offers exceptional understanding of the issues surrounding the illness. Divided into four sections, it includes: an outline of anorexia nervosa coping strategies for sufferers advice and information for families, carers and friends guidelines for professionals who are involved in the sufferer's life. Families, friends, carers and professionals such as teachers and GPs are encouraged to read all sections in order to fully understand the illness. With an emphasis on collaboration and a layout that enables content to be referenced and read in any order, this book is an essential resource for anyone affected, directly or indirectly, by anorexia nervosa.

Anorexia And Bulimia: A Parent's Guide To Recognising Eating Disorders and Taking Control Dee Dawson, 2012-05-31 Anorexia nervosa is a condition in which sufferers diet continually and starve themselves. They may also use laxatives, vomiting or exercise excessively in order to control weight. Anorexia usually occurs in young women, starting in their teens, and it is estimated that about 2 per cent of all young women suffer from it. Bulimia is an eating disorder which is also on the rise among young people. They use the binge/purge cycle to extreme in their attempts to control their weight. This is a comprehensive, positive and practical guide to detecting the early signs of eating disorders and then curing them. Written with years of experience and expertise, it encourages parents to understand the illness, overcome their fears and take control of the situation,

whether that means enforcing a strict meal plan or taking the decision to seek professional help. The book includes early signs to look out for; the possible effects of the illness, both physical and psychological; the treatments available and, most importantly, the plan, which helps parents to take positive action and really make a difference to their child's life.

Anorexia and Bulimia June Hunt, 2014-07-14 FACT: About 50% of all people in the U.S. either know someone with an eating disorder or have been personally affected by one. Whether you are personally struggling with an eating disorder or you know someone who is, this 96-page book offers you key information on the causes, effects, and treatment options for anorexia and bulimia. It answers: What is anorexia and bulimia? What are the symptoms of anorexia? and How can someone recover from these eating disorders? Anorexia and bulimia feed the minds of those starving for love and acceptance with the wrong answer. But there's hope! After personally counseling people struggling with eating disorders for 30 years, June Hunt has seen firsthand that healing and recovery is possible. This quick-reference guide on eating disorders combines her years of experience with timeless biblical truth, relevant information, and practical action-steps. • Get key definitions, such as what is anorexia? What is anorexia nervosa? What is bulimia? What is body image? • Learn how to spot the symptoms of anorexia and the warning signs of bulimia. Find out how eating disorders damage the brain and body, causing everything from seizures, infertility, heart failure, and even death. • Discover the situational and root causes that often lead to eating disorders, such as unresolved pain. • Get practical advice on how to personally overcome an eating disorder or help guide someone through the process. Includes 8 first steps to take to begin your journey toward recovery and also gives practical ways to start eating healthier. • Dive into the Word of God and see what it says about your value, your image, and your worth. Be encouraged as you

discover your incredible worth through God's eyes and be transformed as you align your thinking with God's thinking.

Living with Anorexia and Bulimia James Moorey,1991 This book provides an understanding of the conditions, anorexia and bulimia, addresses the issues of how families and friends can help, and of self-help and treatment.

Anorexia Stacy Beller Stryer,2009-07-23 Written in accessible but medically accurate prose, *Anorexia* provides a detailed explanation of how the diagnosis of anorexia is made, common physical and personality characteristics of those affected by the illness, and both short and long-term complications. *Anorexia* takes the discussion a step further than similar books on the subject by placing the disease in context with a broad survey of the history of self-starvation from Antiquity to the present, and it tackles the difficult question of whether anorexia nervosa existed before the 19th century or is a uniquely modern disease. The book evaluates in detail the social, economic and cultural environments within which self-starvation has occurred historically, and it analyzes competing theories of the disease's origins—including sociocultural, developmental, biochemical, and genetic hypotheses. The book also provides coverage of several often overlooked topics, such as the incidence of anorexia among young men, and it makes use of the personal narrative of an anorexic throughout to give the reader some sense of what it feels like to have anorexia and what someone with anorexia may be thinking.

Demystifying Anorexia Nervosa Alexander R. Lucas,2008 This straightforward, authoritative, and highly optimistic guide demystifies this seemingly irrational disease and guides parents and patients through the harrowing process of recovery.

Anatomy of Anorexia Steven Levenkron,2001-03-17 Invaluable to clinicians, parents, teenagers,

and adults who are struggling with anorexia. —Lynn E. Ponton, M.D. *Anatomy of Anorexia* is a tremendous tool for families: now more than ever, early diagnosis and treatment, and family participation, are crucial in helping the anorexic. Preeminent therapist Steven Levenkron demystifies this life-threatening disease and shows how the millions of girls and women who are afflicted with anorexia can be helped—and can look forward to rich and productive lives. The nation's premier expert in treating anorexia has written the nation's premier book for parents, relatives, and friends of young women afflicted with this life-threatening disease.—Joseph A. Califano Jr., president of the National Center on Addiction and Substance Abuse at Columbia University and former U.S. Secretary of Health, Education, and Welfare [Levenkron's] insights, descriptions of family relationships, and treatment recommendations for therapists create a rich, deep, and most helpful guide for a community of people whose lives are deeply and painfully affected by this persistent illness.—Samuel C. Klagsbrun, M.D.

Boys Get Anorexia Too Jenny Langley, 2006-02-15 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.

Running on Empty Carrie Arnold, 2004-08 An autobiographical account of a young woman's struggle with anorexia and obsessive-compulsive disorder.

Anorexia Nervosa Janet Treasure, 2013-01-11 When anorexia nervosa strikes an individual and her family, everyone is thrown into confusion by the mixture of emotions that emerge. One of the strongest is fear. The fear arises partially because so much is unknown. What has caused this to happen? What will happen now? What can we do about it? This book is an attempt to answer some of these questions. Unusually for a book on anorexia nervosa, this book includes sections for parents

and other carers alongside a section for the sufferer herself. So often books have been written which only give one perspective. In her work with patients and families Janet Treasure has tried to ensure that family and professionals collaborate and co-operate in order to overcome the power of the illness. Many families have used and commented on various versions of this book, and have helped to form its content. Experiences and problems have been shared, and solutions generated. Anorexia nervosa is a difficult illness to experience and write about because it spans such an extreme range of severity and it can also develop in childhood and adulthood. Nevertheless, there is much common ground throughout the range. Readers are therefore encouraged to use this book as a tool box rather than a new engine and to ask the questions, 'Is this part relevant for me?', 'Can I use it?', 'Shall I try it?', rather than trying to fit it all into place and expecting it to run smoothly.

Abject Relations Megan Warin, 2010 *Abject Relations* presents an alternative approach to anorexia, through detailed ethnographic investigations. Megan Warin looks at the heart of what it means to live with anorexia on a daily basis. Unraveling anorexia's complex relationships and contradictions, Warin provides a new theoretical perspective rooted in a socio-cultural context of bodies and gender. *Abject Relations* departs from conventional psychotherapy approaches and offers a different logic, one that involves the shifting forces of power, disgust, and desire and provides new ways of thinking that may have implications for future treatment regimes. --Publisher.

Student Eating Disorders Michael P. Levine, 1987 General principles for identifying eating disorders and for referring anorexic and bulimic students to proper services; suggestions for working with the entire school system to educate students and provide referral information; and ways in which teachers can integrate preventive education about eating disorders into basic lessons in important academic subjects. Names and addresses of national eating disorder associations are

provided.

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Anorexia**

In a global inundated with displays and the cacophony of immediate communication, the profound power and mental resonance of verbal art often disappear into obscurity, eclipsed by the regular onslaught of sound and distractions. However, nestled within the lyrical pages of **Anorexia**, a captivating work of literary beauty that impulses with organic thoughts, lies an wonderful trip waiting to be embarked upon. Published by a virtuoso wordsmith, that magical opus instructions readers on an emotional odyssey, gently exposing the latent possible and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key themes, dissect their charming publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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