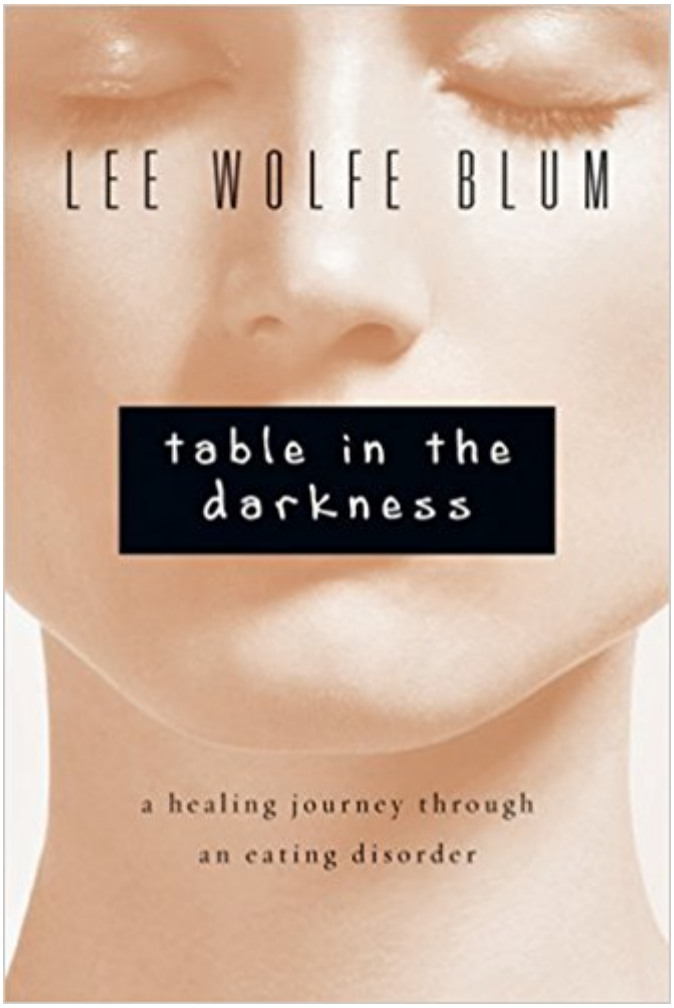
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Table In The Darkness: A Healing Journey Through An Eating Disorder



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Synopsis

2014 Readers' Choice Awards Honorable Mention "Look who gained the freshman fifteen," a family member teased when I returned home after a few months of college. . . . When I heard the words my mind decoded it like this: You. Are. Fat. Fat was not good. No, fat was bad. I would not be fat. I stood in front of the full-length mirror in my dorm room and inspected the extra parts. These extra parts needed fixingÃ¢â ¬â ¢my stomach, my thighs, and those cheeks that were round and puffy, like two big apples on the side of my face. I would fix this. Fixing was my forte. These were the thoughts that plagued Lee Blum during her teens and into her twenties.They drove her to an eating disorder and exercise addiction. Eventually, she found herself hospitalized with clinical depression. But that's not the end of the story: drawing strength from psychological, physiological and spiritual sources, she found her voice again. If you or someone you love has been at this dark table, you will find her story enlightening and encouraging.

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Customer Reviews

"Having waged my own war with eating disorders, I identified with Lee's account of almost overwhelming struggles, and then the welcome outcome of a hard-won recovery. Her story is raw, real and revealing, . . . a clear and victorious validation of the fact that recovery is possible." (Cherry Boone O'Neill, author of Starving for Attention, eldest daughter of Pat Boone)"If you or someone you love has been at this dark table [of depression or anorexia], you will find her story enlightening and encouraging." (Light Magazine Canada, December 2013)"A searing, searching memoir of a young woman's destructive journey with an eating disorder. This might not be an issue we have to face,

but the emotions and needs the author describes are instantly recognizable. I felt drawn into her story immediately, reading steadily until I finished the book. . . . A compelling, emotional read." (Amy Boucher Pye, Woman Alive, October 2014)"Table in the Darkness offers women hope while bringing balance to the roles of faith and therapy in leading broken individuals into a place of healing and restoration. Intense, powerful, it's highly recommended." (Kristine Wilson, CBA Retailers + Resources, December 2013)"Lee Wolfe Blum, in her engaging, conversational-style book, exposes eating disorders for what they really are. She sets aside all inhibitions and vibrantly recounts the years of her life that were overtaken by an eating disorder. She does an outstanding job of taking the reader on a personal journey from the beginning of the disorder to the end. Her honest depiction of what it can be like for those who are struggling gives hope to so many that recovery is a real goal, and it is in fact a reachable one. While sharing her personal story of recovery, Lee manages to present eating disorders in a balanced way which neither berates nor glorifies them, as many other autobiographical tales sometimes tend to do. This book is fresh, honest and authentic, all the while keeping a very unbiased outlook on eating disorders. Lee does not make the book about eating or not eating, but about the pain and complexities of the disorder. Her vulnerability and honesty makes us feel as though we are talking to a sister or a friend, which allowed the reader to connect deeper with the author and the disorder itself. Lee's struggles are a reminder to just how much can be going on in other's lives that we are so blindly unaware of. . . . She takes you deep inside her most inner thoughts and brings to the surface how truly difficult recovery can be. Lee throughout also expresses the way her relationship with God had impacted her through her journey to recovery. She represented her relationship with God in such a way that was in no way forcing the belief onto others, but to show just how important faith in someone or something is and necessary for recovery. The emotional journey Lee shared with the reader was captivating, attention-grabbing and in the end, hopeful. She allowed the reader to see that things can change, people can make a different choice and that no one person is responsible for eating disorders. I would recommend this book to anyone affected by eating disorders, whether it be a personal struggle or the struggle of a loved one. Table in the Darkness gives some understanding to the innermost thoughts and desires of those with an eating disorder, and it gives us all a great deal of hope for others fighting this battle." (Lynn Grefe, president and chief executive officer of the National Eating Disorder Association (NEDA))"In Table in the Darkness, Lee Blum shows . . . that recovery and healing from the devastating effects of an eating disorder are possible. This book is a source of hope and instruction for those battling an eating disorder as well as for loved ones." (Kim Bushman, licensed psychologist, Water's Edge Counseling & Healing Center)"Table in the Darkness is a page-turning

account of a woman’s battle against mental illness and the inspiring story of how she overcomes. I couldn’t put it down and cannot recommend it highly enough to those longing for freedom from their past." (Emily Wierenga, author of Chasing Silhouettes)"I am a huge fan of Lee Wolfe Blum. She is an inspiring example of the freedom that comes when we allow God’s loving truth to seep through the cracks in our armor and nourish the deepest corners of our hearts. In Table in the Darkness, Lee reminds us that God is at work in us always, even--and often--when we’re not looking." (Constance Rhodes, founder and CEO, FINDINGbalance; author, Life Inside the "Thin" Cage)"In a world where we are encouraged to hide our pain and ignore the brokenness around us, Lee Blum’s Table in the Darkness is a tender, stark and vital reminder that so many in our midst struggle, and struggle deeply. Her story is horrific and hopeful, and the ultimate power of authentic community offers hope to all of us, regardless of what we carry around inside of us. With so few voices reminding us how deeply we need and long for one another, Lee Blum’s is a godsend." (Chap Clark, Fuller Theological Seminary)"From emotional mountaintops to the deepest valleys, Lee Blum takes you through the stark reality of life with an eating disorder. Her riveting account of real-life experiences and the hope found in her faith in God will leave you hanging on to every page. In my twenty years of experience treating eating disorders I have seen no other writing that offers more for the individual who desperately needs recovery." (Joel Jahraus, MD, FAED (Fellow of the Academy of Eating Disorders), eating disorder professional)

Lee Wolfe Blum works as a Health Educator at the Melrose Center for Eating Disorders in St. Louis Park, Minnesota where she helps run the Eating Disorder and Chemical Dependency Program encouraging and inspiring patients with Co-Occuring Disorders find hope and healing. Lee also speaks regularly sharing her story of hope at churches, schools, and conferences. Lee lives in Edina, Minnesota. For more information visit her website: leewolfeblum.com or Twitter @Blumlee.

While reading this story, I felt as though I was talking to a sister. It was very honestly and genuinely told, without filter-- very refreshing! I literally finished the book in a day, because the pacing and way it was delivered made me want to keep turning the pages. What I loved most about this memoir, though, is that I feel it will help many high school and college age girls out there struggling with eating disorders and depression issues. I am really inspired by this author, as she was able to (through her deep faith) take a challenging situation in her life and turn it around to help other people. Blum clearly shows that as human beings, we can do all things-- and get through all obstacles in our lives-- through Christ who strengthens us. I look forward to her next book and

applaud her for sharing her story.

Table in the Darkness is a beautifully written book. Having struggled with an eating disorder and body image issues on and off in my teens and 20's, this was an emotional read for me. Emotional, but helpful. How I feel about my body and what I put in my body will always (I think) be a concern for me. Although it has been many years since I've reverted back to any of the harmful behavior that plagued me and almost every aspect of my life when I was younger I still occasionally read books, like this one, to help ground me.Table in the Darkness did just that. Lee's journey reminded me of the pain I was in then, but through her experiences (some that were very familiar to me) and her words, I am reminded of how far I've come. I was reminded, through Lee's journey and honesty, how I finally had the strength to make a different choice and to live a better life.Lee Wolfe Blum is a talented writer who unapologetically tells you HER authentic truth, opens her heart to the reader of her pain, her struggle, her faith and ultimately her recovery. She is proof that you can come out on the other side of an eating disorder with dignity and pride and and tell a story that will help and encourage those going through the same thing.I recommend this book to anyone fighting this battle as well as their loved ones. Lee Wolfe Blum is an inspiring, intelligent, and articulate example of strength and grace and you will be reminded of that with every word of this book.

I have known Lee from a distance for a while now. Recently we went to coffee and I got to know her better. Reading her book, "Table in the Darkness", helped me understand her even more. It's hard to "rate" a memoir, in my opinion, because it is real life. That said, Lee told her story well. She was honest, authentic and entertaining; similar to who she is in real life. I read this book while on vacation and couldn't put it down. I felt as though Lee was sitting next to me telling me the details of her life as I read it. I felt sad, angry, laughed out loud and was impressed by her ability to get through life's challenges one after another. I appreciated that Lee told her truth without blame. As someone who is less religious than many, I was not put off by Lee's focus on her Faith and could see how those who have a strong belief in God could relate to this aspect of her book. It was an honor to read Lee's book, just as it is to know her.

Trying to find the right words to describe this book is.... This story will forever hold a place in my heart. This is a TRULY AMAZING story about a BEAUTIFUL woman who's journey through the darkness of the eating disorder is spine tingling! To be able to relate to some of Lee's journey is helping me to not feel so alone, not so ashamed. It's also a beautiful love story in the making! While

reading this book I cried, I laughed, I got angry, I worried and I smiled from ear to ear, my heart feeling full. Definitely a MUST read for anyone struggling with an ED, recovering from an ED or just looking to educate your self because you have a loved one with an ED. AMAZING!!

I read this book for a counseling class on Eating Disorders and was so refreshed by the raw, honest perspective that Lee Wolfe Blum gave on her personal and spiritual journey with an eating disorder. Her writing style is so easy to read and really captivates the reader. I typically read very slowly, but was so pleased with the book that it took me less than 48 hours to finish! I was constantly left with a desire to read more of her words. Overall, I think the insight it gave me was fascinating and really invited me into the mind of someone with an eating disorder. I highly recommend. -- Ally Henderson

I read Lee’s book, "Table in the Darkness" all in one day. I couldn’t put it down once I started in. Her vulnerability is unparalleled and leads the reader to honestly look at any eating disorder behaviors or thinking that could be going on deep within. As a mental health clinician I plan on using this book as a resource (a.k.a. bibliotherapy) to lead my clients who are struggling with an eating disorder to look more honestly at their masked patterns. Additionally, Lee beautifully addresses the way her relationship with God was impacted through her recovery journey, which is a vital dimension of the healing process. I highly recommend this book to anyone struggling with an eating disorder, as well as any family members, friends or pastors who want to have a better understanding of the horrific distress on the inside of someone who is struggling with an eating disorder.
LeeÃƒÂ¢Ã â ¬Ã Â¦.your courage to vulnerably share the underbelly of your eating disorder is going to invite others to honestly follow in your footsteps. Bless you!!!

This was a great story - so honest and difficult to read her deep suffering at times. From a person who struggled with an eating disorder briefly, I appreciated her honesty and vulnerability in relaying all of it. She is so admirable because she got to the bottom, tried to escape for good, but made it out alive. God rescued her through a person who was prompted to help. I especially appreciated her story, as I am very emotional and sensitive and it is difficult sometimes to feel so deeply so I understand why she felt numbing it was the way to go for a while. What an encouraging story for all humans, to deal with deep pain and sorrow, to find your voice, and to choose life. Thank you Lee Wolfe for writing this!

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