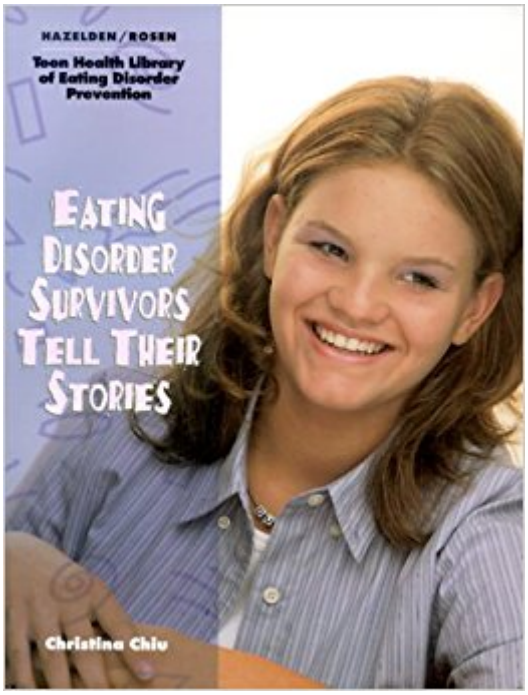
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Eating Disorder Survivors Tell Their Stories (The Teen Health Library Of Eating Disorder Prevention)



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Synopsis

Four survivors of anorexia nervosa, bulimia, and compulsive overeating share their experiences and give advice for the recovery of others.

Book Information

Series: The Teen Health Library of Eating Disorder Prevention

Paperback: 64 pages

Publisher: Hazelden (April 1999)

Language: English

ISBN-10: 1568382596

ISBN-13: 978-1568382593

Product Dimensions: 0.2 x 7 x 9 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #7,087,327 in Books (See Top 100 in Books) #94 inÃ Â Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #3832 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #4098 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Social Skills

Customer Reviews

Gr 6 Up-Two timely treatments of topics relating to teenagers' obsession with body image and weight. Eating Disorder Survivors includes narrative accounts from four teenagers who overcame compulsive eating, anorexia, and bulimia. Each one relates his or her experience with developing an eating disorder and recounts the steps taken to achieve recovery. All of them stress the importance of seeking professional help. The stories are detailed enough to be interesting but none are sensationalized. The emphasis is on the hope of recovery. Weight-Loss Programs discusses the relationship between health and diet and examines a variety of commercial weight-loss programs and the health risks that they pose. The hidden costs, emotional pressure, and influence of persuasive advertising are addressed, as is basic information on why diets don't work. Tips on "rebelling against the diet culture" are included, along with suggestions for having a healthy lifestyle. Both books are clearly written and illustrated with full-color photographs of ordinary-looking teen models. Both take a positive approach to a potentially dangerous subject. Those needing additional titles in these areas might look at Steven Levenkron's The Best Little Girl in the World (Warner, 1989) or Chelsea Smith's Diary of an Eating Disorder (Taylor, 1998) for more fully developed

narrative accounts.-Joyce Adams Burner, Hillcrest Library, Prairie Village, KSCopyright 1999 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I enjoyed the book as it revolved around the mind working to cope with stressors. Anorexia, a maladaptive coping mechanism, does not claim its victim. The triumph was visible as well as the hard work involved in full recovery. The book let the reader see that recovery is a long path that does not include just the eating disorder. It provided the hope that life goes on with the ED, but it takes on other aspects and becomes fuller.

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