

Biting Anorexia Firsthand Account Of An Internal War 09 By Howard Taylor Lucy Paperback 2009

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This text is drawn from the pages of 18-year-old Lucy who is grappling with a deadly disorder. It provides insight into the world of the intelligent young lady as she attempts to claw herself back from the point of no return. With each journal entry, readers learn more about how anorexia and depression devastate Lucy's brain

Biting anorexia : a first-hand account of an internal war ...

Biting Anorexia offers some very enlightening first-hand accounts, as well as hope for recovery and additional resources for those suffering from an ED and those caring for them. I found this inspiring and incredibly helpful in broadening my understanding of such disorders.

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So begins Biting Anorexia, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery. Much of this unflinchingly candid memoir is ripped directly from the pages of author Lucy Howard-Taylor's diary as she struggled with the torturous condition, offering a rare glimpse into the thoughts and fears that grip the minds of those struggling with anorexia, the most fatal of all psychiatric illnesses.

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So begins Biting Anorexia, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery. Much of this unflinchingly candid memoir is ripped directly from the pages of author Lucy Howard-Taylor's diary as she struggled with the torturous condition, offering a rare glimpse into the thoughts and fears that grip the minds of those struggling with anorexia, the most fatal of all psychiatric illnesses.

My name is Lucy. I am in recovery from anorexia nervosa and major depression, each of which almost killed me. So begins Biting Anorexia, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery. Much of this unflinchingly candid memoir is ripped directly from the pages of author Lucy Howard-Taylor's diary as she struggled with the torturous condition, offering a rare glimpse into the thoughts and fears that grip the minds of those struggling with anorexia, the most fatal of all psychiatric illnesses. Tinged with a wicked sense of humor, Lucy's beautifully written, penetrating insights capture the overpowering anxiety that comes with anorexia and reveal the challenge of recovery. This courageous and compelling story will inspire and support those troubled with the condition, and their family and friends, the world over. ... a graphic yet poetic insight into the pain and suffering experienced by sufferers of eating disorders. --Claire Vickery, CEO and founder of The Butterfly Foundation

This e-only volume expands and updates the original 4-volume Encyclopedia of Women in Today's World (2011), offering a wide range of new entries and new multimedia content. The entries reflect such developments as the Arab Spring that brought women's issues in the Islamic world into sharp relief, the domination of female athletes among medal winners at the London 2012 Olympics, nine more women joining the ranks of democratically elected heads of state, and much more. The 475 articles in this e-only update (accompanied by photos and video clips) supplement the themes established in the original edition, providing a vibrant collection of entries dealing with contemporary women's issues around the world.

Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships-all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. The Buddha and the Borderline is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.

Laurie Halse Anderson is a bestselling author of realistic and historical fiction for young adults and children. Two of her books, *Speak* and *Chains*, have been nominated for the National Book Award. Anderson spent her childhood in Syracuse, New York, and today lives in Mexico, New York. In her writing, she is passionate about story. Readers learn about Anderson's special writing cottage that her carpenter husband built for her, and how she reaches out to readers in her novels, including *Speak*, *Catalyst*, *Prom*, *Twisted*, *Fever 1793*, *Chains*, *Wintergirls*, and *Forge*. In this enchanting narrative, teens examine Anderson's writing process and literary life.

Bright, popular, pretty and successful, Grace Bowman had the world at her feet. So what drove her to starve herself nearly to death at the age of 18? And what, more importantly, made her stop? A grippingly honest account of life with anorexia nervosa, *A Shape of My Own* is Grace's heartbreaking, shocking and, finally, inspirational memoir. An extraordinary story, it is also a common one - is there a woman in the western world who has a normal relationship with food? A compulsive read, essential for anyone hoping to understand more about eating disorders and overcoming addiction.

More than simple cases of dieting gone awry, eating disorders such as anorexia and bulimia are among the most fatal of mental illnesses, responsible for more deaths each year than any other psychiatric disorder. These illnesses afflict millions of young people, especially women, all over the world. Carrie Arnold developed anorexia as an adolescent and nearly lost her life to the disease. In *Next to Nothing*, she tells the story of her descent into anorexia, how and why she fell victim to this mysterious illness, and how she was able to seek help and recover after years of therapy and hard work. Now an adult, Arnold uses her own experiences to offer practical advice and guidance to young adults who have recently been diagnosed with an eating disorder, or who are at risk for developing one. Drawing on the expertise of B. Timothy Walsh, M.D., one of America's leading authorities on eating disorders, she reveals in easy-to-understand terms what is known and not known medically about anorexia and bulimia. The book covers such difficult topics as how to make sense of a diagnosis, the various psychotherapies available to those struggling with an eating disorder, psychiatric hospitalization, and how to talk about these illnesses to family and friends. The result is both a compelling memoir and a practical guide that will help to ease the isolation that an eating disorder can impose, showing young people how to manage and maintain their recovery on a daily basis. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *Next to Nothing* will also be a valuable resource to the friends and family of those with eating disorders. It offers much-needed hope to young people, helping them to overcome these illnesses and lead productive and healthy lives.

In this painfully moving memoir, take a firsthand look at anorexia through the eyes of a young girl. Even in kindergarten, Rachel Richards knows something isn't right. By leading us through her distorted thoughts, she shines a light on the experience and mystery of mental illness. As she grows up, unable to comprehend or communicate her inner trauma, Rachel lashes out, hurting herself, running away from home, and fighting her family. Restricting food gives her the control she craves. But after being hospitalized and force-fed, Rachel only retreats further into herself. With a driving perfectionism, she graduates college with honors. But at sixty-nine pounds, Rachel is a shell of nervous and obsessive behaviors that have controlled her life. Years of self-harm and self-loathing have fueled the inner battles between good and evil, health and sickness, and life and death. Acting on stage offers her moments of freedom from the skewed perceptions she's constructed over the years. But her dream of a career in theater is not enough to save her. What is the secret that will finally unleash her will to recover?

From the former editor-in-chief of *Nylon* comes a provocative and intimate collection of personal and cultural essays featuring eye-opening explorations of hot button topics for modern women, including internet feminism, impossible beauty standards in social media, shifting ideals about sexuality, and much more. Gabrielle Korn starts her professional life with all the right credentials. Prestigious college degree? Check. A loving, accepting family? Check. Instagram-worthy offices and a tight-knit group of friends? Check, check. Gabrielle's life seems to reach the crescendo of perfect when she gets named the youngest editor-in-chief in the history of one of fashion's most influential publications. Suddenly she's invited to the world's most epic parties, comped beautiful clothes and shoes from trendy designers, and asked to weigh in on everything from gay rights to lip gloss on one of the most influential digital platforms. But behind the scenes, things are far from perfect. In fact, just a few months before landing her dream job, Gabrielle's health and wellbeing are on the line, and her promotion to editor-in-chief becomes the ultimate test of strength. In this collection of inspirational and searing essays, Gabrielle reveals exactly what it's truly like in the fashion world, trying to find love as a young lesbian in New York City, battling with anorexia, and trying not to lose herself in a mirage of women's empowerment and Instagram perfection. Through deeply personal essays, Gabrielle recounts her struggles to reconcile her long-held insecurities about her body while coming out in the era of The L Word, where swoon-worthy lesbians are portrayed as skinny, fashion-perfect, and power-hungry. She takes us with her everywhere from New York Fashion Week to the doctor's office, revealing that the forces that try to keep women small are more pervasive than anyone wants to admit, especially in a world that's been newly branded as woke. From #MeToo to commercialized body positivity, Korn's biting, darkly funny analysis turns feminist commentary on its head. Both an in-your-face take on impossible beauty standards and entrenched media ideals and an inspiring call for personal authenticity, this powerful collection is ideal for fans of Roxane Gay and Rebecca Solnit.

A BookMovement Group Read **A People Pick for Best New Books** Yara Zgheib's poetic and poignant debut novel is a haunting portrait of a young woman's struggle with anorexia on an intimate journey to reclaim her life. The chocolate went first, then the cheese, the fries, the ice cream. The bread was more difficult, but if she could just lose a little more weight, perhaps she would make the soloists' list. Perhaps if she were lighter, danced better, tried harder, she would be good enough. Perhaps if she just ran for one more mile, lost just one more pound. Anna Roux was a professional dancer who followed the man of her dreams from Paris to Missouri. There, alone with her biggest fears - imperfection, failure, loneliness - she spirals down anorexia and depression till she weighs a mere eighty-eight pounds. Forced to seek treatment, she is admitted as a patient at 17 Swann Street, a peach pink house where pale, fragile women with life-threatening eating disorders live. Women like Emm, the veteran; quiet Valerie; Julia, always hungry. Together, they must fight their diseases and face six meals a day. Every bite causes anxiety. Every flavor induces guilt. And every step Anna takes toward recovery will require strength, endurance, and the support of the girls at 17 Swann Street.

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