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KEY=A - LAILA MOHAMMED

ANOREXIA

A STRANGER IN THE FAMILY

Headline *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.*

THE SPIRITUALITY OF ANOREXIA

A GODDESS FEMINIST THEALOGY

Routledge *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 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.*

THE COMPLETE GUIDE TO OVERCOMING EATING DISORDERS, PERFECTIONISM AND LOW SELF-ESTEEM (EBOOK BUNDLE)

Robinson *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 Anorexia 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*

MEALTIMES AND MILESTONES

A TEENAGER'S DIARY OF MOVING ON FROM ANOREXIA

Robinson *An astonishingly moving and mature account of a young woman's struggle with anorexia nervosa, a serious mental illness*

affecting 1.1 million people in the UK. At fourteen years of age, Constance Barter was admitted as an in-patient to a specialist eating disorders unit where she remained for seven months. During that time, she kept a diary which sheds light on what it means to have anorexia, how it affects your life, and how it is not just a faddy diet or attention seeking disorder. Constance is an example to anyone suffering from this potentially life-threatening illness that with perseverance and support it can be beaten and sufferers can go on and lead a fulfilling, everyday life. This inspirational diary will help and inspire other sufferers to seek help and overcome their illness as well as providing an invaluable insight into the nature of the illness to families and friends.

INTERNATIONAL PERSPECTIVES IN VALUES-BASED MENTAL HEALTH PRACTICE

CASE STUDIES AND COMMENTARIES

Springer Nature 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 AND CULTURES IN TRANSITION

Routledge Eating disorders: do they mark cultural transition? Eating 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 processes of cultural transformation and their impact on mental health.

ANATOMY OF ANOREXIA

W. W. Norton & Company *Traces the origins and causes of this disease, shows how an innocent desire to lose a few pounds can manifest in life-threatening symptoms, and discusses the social and physiological forces that shape the illness.*

BOYS GET ANOREXIA TOO

COPING WITH MALE EATING DISORDERS IN THE FAMILY

SAGE *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 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.*

GOING HUNGRY

WRITERS ON DESIRE, SELF-DENIAL, AND OVERCOMING ANOREXIA

Anchor *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.*

ANOREXIA NERVOSA AND RELATED EATING DISORDERS IN CHILDHOOD AND ADOLESCENCE

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

UNDERSTANDING TEEN EATING DISORDERS

WARNING SIGNS, TREATMENT OPTIONS, AND STORIES OF COURAGE

Routledge *Understanding Teen Eating Disorders introduces readers to common teen eating disorder scenarios, their warning signs, and treatment options. Each chapter examines a teen or tween and brings the factors, whether they be environmental, genetic, co-existing conditions, etc. that contribute to his or her eating disorder, to life, while seamlessly integrating the latest research in gene inheritance, brain chemistry, and eating disorders in accessible, reader-friendly language. Each chapter provides treatment options, including outpatient, group therapy, and in-patient programs, for both the young person and the family. Each also ends with a Q & A section that reflects the concerns a parent, loved one, or treatment professional may have.*

HELP YOUR TEENAGER BEAT AN EATING DISORDER, SECOND EDITION

Guilford Publications *"[Presents] ... evidence that parents--who have often been told to take a back seat in eating disorder treatment--can and must play a key role in recovery. Whether pursuing family-based treatment or other options, parents learn specific, doable steps for monitoring their teen's eating and exercise habits, managing mealtimes, ending weight related power struggles, and collaborating successfully with health care providers"--*

FEEDING ANOREXIA

GENDER AND POWER AT A TREATMENT CENTER

Duke University Press *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 more mainstream treatments.

CHILDHOOD ONSET ANOREXIA NERVOSA AND RELATED EATING DISORDERS

Psychology Press 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.

EATING DISORDERS

THE FACTS

Looks at the symptoms, causes, and different types of eating disorders, and explains how they can be treated.

EATING DISORDERS AND MARITAL RELATIONSHIPS

Routledge *Anorexia and bulimia are on the increase in the Western world and the disease is now recognised to no longer be only a problem for teenage girls, but older women as well. Most older women either do now or did previously live with a partner and much attention has been paid to these relationships in devising therapeutic regimes. Eating Disorders and Marital Relationships takes a critical look at the evidence behind the assumption of psychiatric illness in the patients and their partners and comes up with some surprising results. Van den Broucke, Vandereycken and Norre carefully describe both the theoretical and practical implications of their work, making this book important reading for both practitioner and researcher.*

MULTIDISCIPLINARY MANAGEMENT OF EATING DISORDERS

Springer *This Handbook is an indispensable guide for the multidisciplinary management of eating disorders. It discusses a broad range of issues: managing high-risk patients, the challenges of inserting feeding tubes, addressing nutritional aspects and dealing with additional disorders which might complicate matters, such as diabetes, coeliac disease and cystic fibrosis. It discusses fertility, pregnancy, and eating disorders in children and adolescents, as well as addressing the needs of families. Chapters contain key checklists and flow diagrams. Abundant pictures and conversations, coloured diagrams, charts, maps and boxes, support readers' varying learning styles and assist retention of key points. Vignettes taken from real (but strenuously anonymised) cases appeal to clinicians' preference for case-based learning. The book also functions as a practical manual of 'What to do - and what NOT to do' with practical scenarios. In the acute situation, clinicians will be able to go directly to the relevant chapter to guide the team through the 'when, where, how, why and with whom' of assessing and managing patients with eating disorders. The book is primarily aimed at postgraduate physicians managing patients with Eating disorders on Gastrointestinal, Endocrine or general medical wards, and those who seek to deepen their expertise as they sit higher professional examinations. It is of interest to both medical and psychiatric clinicians, as well as useful to nursing and multidisciplinary staff who want to develop a compassionate understanding of the true pain driving their patients' behaviours.*

STRANGER IN MY OWN BODY

ATYPICAL GENDER IDENTITY DEVELOPMENT AND MENTAL HEALTH

Routledge *This book brings together the thinking of an international group of clinicians, researchers, and professionals from different disciplines and is based primarily on a selection of papers presented at a conference on the same topic held at the Tavistock Centre, London, in November 1996, but with additional original contributions. It presents a dialogue amongst the various perspectives that can be taken about atypical gender identity development and their relevance to mental health in children and adolescents. The book is for multidisciplinary professional readership and interested lay people.*

FAMILY THERAPY TECHNIQUES

INTEGRATING AND TAILORING TREATMENT

Routledge *Family Therapy Techniques briefly reviews the basic theories of marriage and family therapy. It then goes into treatment models designed to facilitate the tailoring of therapy to specific populations and the integration of techniques from what often seems like disparate theories. Based on the assumption that no single approach is the definitive approach for every situation, the book leads students through multiple perspectives. In teaching students to integrate and tailor techniques, this book asks them to take functional methods and approaches from a variety of theoretical approaches, without attempting to reiterate the theoretical issues and research covered in theories courses.*

LIFE WITHOUT ED

HOW ONE WOMAN DECLARED INDEPENDENCE FROM HER EATING DISORDER AND HOW YOU CAN TOO

McGraw Hill Professional *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 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

A STRANGER IN THE FAMILY

CULTURE, FAMILIES, AND THERAPY

W W Norton & Company Incorporated Provides a model of family therapy for working with families across cultures.

GIVE FOOD A CHANCE

A NEW VIEW ON CHILDHOOD EATING DISORDERS

Jessica Kingsley Publishers Drawing on more than a decade's experience as director of The Kartini Clinic, Julie O'Toole offers a fresh perspective on childhood eating disorders and invaluable insights for parents and professionals. Describing the foundational philosophy behind The Kartini Clinic's proven and world-renowned treatment protocol, O'Toole presents compelling evidence that childhood eating disorders have a neurological rather than a psycho-social basis, and explains what this means for treatment. She

describes clearly what patients and families can expect from treatment, signs and symptoms indicating the need for hospitalization, and advice on how to recognise a relapse. The book also includes clear descriptions of The Kartini Clinic's ground-breaking Meal Plan and approach to 'capping' weight gain. Give Food a Chance is an invaluable resource that will give parents and professionals everywhere the information, encouragement, and support they need to deal with this often misunderstood disorder.

STRANGER THAN PARADISE

MAVERICK FILM-MAKERS IN RECENT AMERICAN CINEMA

Hal Leonard Corporation (*Limelight*). *A ground-breaking critical survey of the talented, audacious, and influential directors Hal Hartley, Jim Jarmusch, Spike Lee, John Sayles, Quentin Tarantino, among others who, dominating the "independent scene," have revitalized American film. Illustrated throughout, index.*

PSYCHOSOMATIC MEDICINE

THEORETICAL, CLINICAL, AND TRANSCULTURAL ASPECTS

Springer Science & Business Media *It is our pleasure to introduce to the readers of Advances in Psychosomatic Medicine: I, the authors of 88 papers presented at the VIth World Congress of the International College of Psychosomatic Medicine in Montreal, September 13-18, 1981. These papers are representative of more than 700 presentations and discussions that occurred in the course of lectures, symposia, panels and workshops. Adam J. Krakowski, M.D., primary editor of this volume, together with Chase P. Kimball, M.D., GUnsel Koptagel-Ila1, M.D. and Hellmuth Freyberger, M.D. are responsible for the solicitation and final editing of the papers included in this volume. Most of the plenary papers presented at the Congress and subsequently received for publication are in preparation for a volume to be issued by S. Karger, Basel, Switzerland, as a special number edited by us with the assistance of Drs. Freyberger and Koptagel-Ila1. The papers included in this volume represent the main substance of the Congress. The editors regret that a number of presentations were either received too late or in insufficient form to allow for publication at this time. A number of other papers presented at the Congress have been released for publication in the Journal of Psychosomatic Research, the Psychiatric Journal of the University of Ottawa, General Hospital Psychiatry, Psychosomatics and other journals.*

EMOTION REGULATION FOR YOUNG PEOPLE WITH EATING DISORDERS

A GUIDE FOR PROFESSIONALS

Routledge *Emotion Regulation for Young People with Eating Disorders* is a supportive guide for professionals to help them build effective therapeutic relationships with young people struggling with eating disorders. The book focuses on the role of emotion regulation in the development and maintenance of eating disorders. The psychological concepts discussed are an integration of ideas and theories that have been proposed by many psychologists over the last half-century. The tasks presented in the book use aspects of these theories and concepts in an applied way which can be helpful to enable young people to understand more about their emotional experience and how it has contributed to their difficulties. The approach proposed can be used across the spectrum of eating disorders as the dysfunctional emotional regulation difficulty is shared by all eating disorders. The workbook will be helpful for Children and Adolescent Mental Health Services (CAMHS) professionals such as psychiatrists, psychologists, counsellors, nurses, occupational therapists, dieticians and therapeutic care workers.

ELENA VANISHING

A MEMOIR

Chronicle Books *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.*

SEXUAL ABUSE AND EATING DISORDERS

Routledge *First published in 1996. Routledge is an imprint of Taylor & Francis, an informa company.*

THE WILEY HANDBOOK OF EATING DISORDERS

John Wiley & Sons *This groundbreaking two-volume handbook provides a comprehensive collection of evidence-based analyses of the causes, treatment, and prevention of eating disorders. A two-volume handbook featuring contributions from an international group of experts, and edited by two of the leading authorities on eating disorders and body image research Presents comprehensive coverage of eating disorders, including their history, etiological factors, diagnosis, assessment, prevention, and treatment Tackles*

controversies and previously unanswered questions in the field Includes coverage of DSM-5 and suggestions for further research at the end of each chapter 2 Volumes

STRANGERS TO OURSELVES

UNSETTLED MINDS AND THE STORIES THAT MAKE US

Farrar, Straus and Giroux *The highly anticipated debut from the acclaimed, award-winning New Yorker writer Rachel Aviv compels us to examine how the stories we tell about mental illness shape our sense of who we are. In Strangers to Ourselves, a powerful and gripping debut, Rachel Aviv raises fundamental questions about how we understand ourselves in periods of crisis and distress. Drawing on deep, original reporting as well as unpublished journals and memoirs, Aviv writes about people who have come up against the limits of psychiatric explanations for who they are. She follows an Indian woman, celebrated as a saint, who lives in healing temples in Kerala; an incarcerated mother vying for her children's forgiveness after recovering from psychosis; a man who devotes his life to seeking revenge upon his psychoanalysts; and an affluent young woman who, after a decade of defining herself through her diagnosis, decides to go off her meds because she doesn't know who she is without them. Animated by a profound sense of empathy, Aviv's exploration is refracted through her own account of living in a hospital ward at the age of six and meeting a fellow patient with whom her life runs parallel—until it no longer does. Aviv asks how the stories we tell about mental disorders shape their course in our lives. Challenging the way we understand and talk about illness, her account is a testament to the porousness and resilience of the mind.*

WRITING SIZE ZERO

FIGURING ANOREXIA IN CONTEMPORARY WORLD LITERATURES

Peter Lang *Like hysteria, anorexia is a fin de siècle pathology which fascinates and has reached epidemic proportions at the turn of the millennium. Parallel to the development of the phenomenon, an important body of experiential texts has revealed its presence in various parts of the world. While the medical discourse is still struggling with this conundrum, literature gives way to different interpretations by revealing the interconnectedness between writing and starving. Both signifying practices are experiences of the limit where fluxes of particles - food, words - are in constant interaction. Unlike most contemporary readings of anorexia, this book offers an original insight into the creative process inherent to the pathology, which the author calls Writing Size Zero. Body of writing and writing of the body, as found in western and post-colonial texts, delineate an in-between space producing new epistemologies.*

Through a close reading of the semiotics of self-starvation, the author debunks the myth of anorexia as a mental disease of the West and insists on the variety of expressions and figurations inherent to the pathology. By providing a meaning to self-starvation, writing gives anorexia its ethics.

SHADOW DAUGHTER

A MEMOIR OF ESTRANGEMENT

Da Capo Press *A riveting, provocative, and ultimately hopeful exploration of mother-daughter estrangement, woven with research and anecdotes, from an award-winning journalist. The day of her mother's funeral, Harriet Brown was five thousand miles away. To say that Harriet and her mother had a difficult relationship is a wild understatement; the older Harriet grew, the more estranged they became. By the time Harriet's mom died at age 76, they were out of contact. Yet Harriet felt her death deeply, embarking on an exploration of what family estrangement means--to those who cut off contact, to those who are estranged, to the friends and family members who are on the sidelines. Shadow Daughter tackles a subject we rarely discuss as a culture: family estrangements, especially those between parents and adult children. Estrangements--between parents and children, siblings, multiple generations--are surprisingly common, and even families that aren't officially estranged often have some experience of deep conflicts. Estrangement is an issue that touches most people, one way or another, one that's still shrouded in secrecy, stigma, and shame. In addition to her personal narrative, Harriet employs interviews with others who are estranged, as well as the most recent research on family estrangement, for a brave exploration of this taboo topic. Ultimately, Shadow Daughter is a thoughtful, deeply researched, and provocative exploration of the ties that bind and break, forgiveness, reconciliation, and what family really means.*

FLAGRANTLY ANOREXIC

A MEMOIR AND CALL TO ACTION

Gatekeeper Press *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 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.*

ADVANCES IN EATING DISORDERS

MDPI *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.*

PREVENTION AND RECOVERY FROM EATING DISORDERS IN TYPE 1 DIABETES

INJECTING HOPE

Taylor & Francis *Prevention and Recovery from Eating Disorders in Type 1 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-Fabbi*

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.

CLINICAL CHILD NEUROPSYCHIATRY

Cambridge University Press *The first comprehensive reference resource for all those professionals who encounter neuropsychiatric disorders in the young.*

EATING DISORDERS

A PARADIGM OF THE BIOPSYCHOSOCIAL MODEL OF ILLNESS

BoD - Books on Demand *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.*

MY RORY

A PERSONAL JOURNEY THROUGH TEENAGE ANOREXIA

iUniverse *"I keep trying to remind myself that a number on a scale doesn't make up who I am. My weight shouldn't control my mind, but it does. I wish everything about this eating disorder would just end, but I fear that in many ways it never will." Alyssa Biederman's compelling journey through anorexia began her junior year in high school. From the outside looking in, she appeared to have it all. Raised in an affluent community, Alyssa was involved in both her community and school. She was an honor roll student, on the school newspaper staff and four-year varsity letter winner in tennis. Yet, despite her picture perfect life, this natural beauty was unable to*

see herself the way others did. What started as a quest to lose a couple pounds soon became a dangerous obsession. Alyssa's emotional struggle with anorexia is revealed in the personal journal she affectionately refers to as *My Rory*. Named after the friend she pushed away while battling to find herself, this journal is a heart-wrenching account of the confused inner mind of a teenage eating disorder victim. This story is a must read for anyone suffering from an eating disorder and their family and friends wishing to understand and support them. *My Rory* captures a rare glimpse of the inner feelings and thoughts of both an anorexic and her family as they battle toward recovery.

PSYCHIATRY IN CRISIS

AT THE CROSSROADS OF SOCIAL SCIENCES, THE HUMANITIES, AND NEUROSCIENCE

Springer Nature *The field of academic psychiatry is in crisis, everywhere. It is not merely a health crisis of resource scarcity or distribution, competing claims and practice models, or level of development from one country to another, but a deeper, more fundamental crisis about the very definition and the theoretical basis of psychiatry. The kinds of questions that represent this crisis include whether psychiatry is a social science (like psychology or anthropology), whether it is better understood as part of the humanities (like philosophy, history, and literature), or if the future of psychiatry is best assured as a branch of medicine (based on genetics and neuroscience)? In fact, the question often debated since the beginning of modern psychiatry concerns the biomedical model so that part of psychiatry's perpetual self-questioning is to what extent it is or is not a branch of medicine. This unique and bold volume offers a representative and critical survey of the history of modern psychiatry with deeply informed transdisciplinary readings of the literature and practices of the field by two professors of psychiatry who are active in practice and engaged in research and have dual training in scientific psychiatry and philosophy. In alternating chapters presenting contrasting arguments for the future of psychiatry, the two authors conclude with a dialogue between them to flesh out the theoretical, research, and practical implications of psychiatry's current crisis, outlining areas of divergence, consensus, and fruitful collaborations to revision psychiatry today. The volume is scrupulously documented but written in accessible language with capsule summaries of key areas of theory, research, and practice for the student and practitioner alike in the social and human sciences and in medicine, psychiatry, and the neurosciences.*

EATING DISORDERS AND EXPRESSED EMOTION

INTEGRATING TREATMENT, INTERVENTION, AND A POSITIVE FAMILY ENVIRONMENT

Routledge *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.

HEAVYWEIGHT

Harmony Ink Press *Secrets. Their weight can be crushing, but their release can change everything—and not necessarily for the better. Ian is no stranger to secrets. Being a gay teen in a backwater southern town, Ian must keep his orientation under wraps, especially since he spends a lot of time with his hands all over members of the same sex, pinning their sweaty, hard bodies to the wrestling mat. When he's trying not to stare at teammates in the locker room, he's busy hiding another secret—that he starves himself so he doesn't get bumped to the next weight class. Enter Julian Yang, an Adonis with mesmerizing looks and punk rocker style. Befriending the flirtatious artist not only raises suspicion among his classmates, but leaves Ian terrified he'll give in to the desires he's fought to ignore. As secrets come to light, Ian's world crumbles. Disowned, defriended, and deserted by nearly everyone, Ian's one-way ticket out of town is revoked, leaving him trapped in a world he hates—and one that hates him back.*