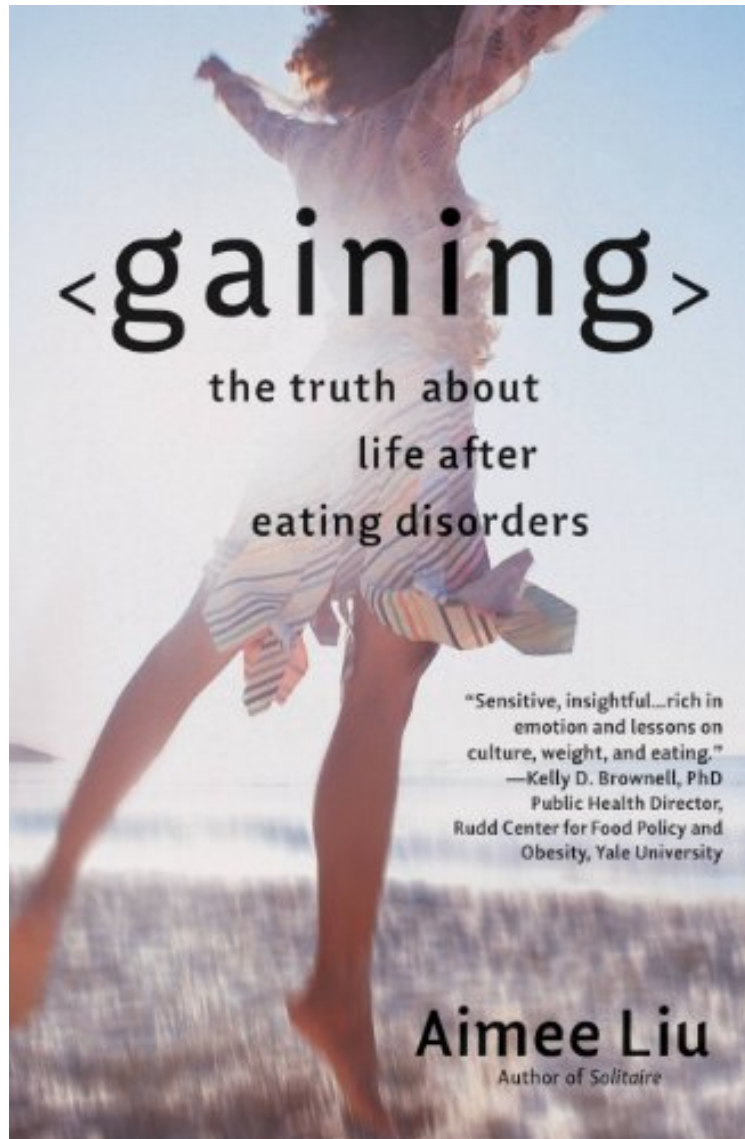


[Download ebook] Gaining: The Truth About Life After Eating Disorders (English Edition)

Gaining: The Truth About Life After Eating Disorders (English Edition)

Von Aimee Liu

ebooks / Download PDF / *ePub / DOC / audiobook



[Download](#)

[Read Online](#)

Produktinformation -Verkaufsrank: #520593 in eBooksVerffentlicht am: 2007-02-22Erscheinungsdatum: 2007-02-22File Name: B00HG5V3EE | File size: 38.Mb

Von Aimee Liu : Gaining: The Truth About Life After Eating Disorders (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Gaining: The Truth About Life After Eating Disorders (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. A Must

Have Must Read Von E.SA perfect book because it tells the stories of sufferers who have won the battle against eating disorders -- the book gives hope

Kurzbeschreibung Aimee Liu, who wrote *Solitaire*, the first-ever memoir of anorexia, in 1979, returns to the subject nearly three decades later and shares her story and those of the many women in her age group of life beyond this life-altering ailment. She has extensively researched the origins and effects of both anorexia and bulimia, and dispels many commonly held myths about these diseases with the persuasive conclusion that anorexia is a result of personality. Key revelations include: the temperament required for eating disorders, the long-term effects of eating disorders on health, brain function, relationships and career, why some individuals recover while others relapse, and why many relapse in mid-life, which treatment approaches are most successful long-term and how parents can tell if a child will be vulnerable to eating disorders. Using her own experience and the stories of many recovering anorexics she's interviewed, Liu weaves together a narrative that is both persuasive in argument and compelling in personal details. From *Booklist* Three decades after *Solitaire* (1979), her memoir of struggling to overcome anorexia nervosa, Liu might be expected to discuss how it feels to be cured. Time, however, has given her a valuable perspective shared here in a careful deconstruction of eating disorders such as anorexia and bulimia. From her own experience and interviews with many other women who have been diagnosed with an eating disorder, Liu now knows that anorexia and bulimia are lifelong companions. She and her informants have learned that, ebbing and flowing, sometimes moving to the fore but ever present in the background, an eating disorder responds to both good times and bad in a person's life. She quotes eating disorder experts (psychiatrists, physicians, research scientists, etc.) who explain how those who once succumbed to the urge to withhold or purge food are likely to be perched always atop a precipice, risking toppling into old habits when stress levels rise. Examining the disorder from the inside (the individual) out (to the family and society), Liu has created a solid resource. Donna Chavez Copyright American Library Association. All rights reserved Kurzbeschreibung Aimee Liu, who wrote *Solitaire*, the first-ever memoir of anorexia, in 1979, returns to the subject nearly three decades later and shares her story and those of the many women in her age group of life beyond this life-altering ailment. She has extensively researched the origins and effects of both anorexia and bulimia, and dispels many commonly held myths about these diseases with the persuasive conclusion that anorexia is a result of personality. Key revelations include: the temperament required for eating disorders, the long-term effects of eating disorders on health, brain function, relationships and career, why some individuals recover while others relapse, and why many relapse in mid-life, which treatment approaches are most successful long-term and how parents can tell if a child will be vulnerable to eating disorders. Using her own experience and the stories of many recovering anorexics she's interviewed, Liu weaves together a narrative that is both persuasive in argument and compelling in personal details.