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Perfect: Anorexia and Me Book
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Paperback – August 1, 2009 by
Emily Halban (Author)

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Emily allows us to understand what it's really like to suffer from anorexia, exposing its secrets and dispelling some of the myths that shroud it. Alive with self-awareness, but never self-pity, Perfect is an inspiring read that will help those battling with the

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horrors of anorexia find a way out,
and those on the outside to
understand more.

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Halban developed anorexia in her final year of high school. She went on to college at an Ivy League school where her disease took on a powerful dimension. By her final year she was so debilitated that she had to take her exams in a separate room where she could be

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fed continuously.

Perfect: Anorexia & Me by Emily
Halban

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Anorexia and Me Paperback –
August 1, 2009 by Emily Halban
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Anorexia & Me. Emily Halban developed anorexia in her final year of high school. She went on to college at an Ivy League school where her disease took on a powerful dimension.

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United States on December 2,
2012. Format: Paperback Verified
Purchase. Very interesting. Not
something I wanted to read but

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helped me understand it more. ... I have read a lot of books on Eating Disorders from fiction to nonfiction. 'Perfect' is a book I would definitely suggest ...

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Anorexia is a complex condition that attacks both the mind and body, meaning a full recovery like Sam ' s is frighteningly rare; one

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recent study put the rate at around 21 per cent.

How my twin saved me from anorexia | Daily Mail Online

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Emily Halban developed anorexia in her final year at school. She went on to university at Oxford where her disease took on a powerful dimension and by her final year she was so debilitated that she had to sit her exams in a

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separate room where she could be fed continuously throughout each one. With heartbreaking candour and poignant intimacy, Emily vividly chronicles the complexities and inner ...

Perfect: Anorexia and me - Emily

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Emily Halban developed anorexia in her final year at school. She went on to university at Oxford where her disease took on a powerful dimension and by her final year she was so debilitated that she had to sit her exams in a separate room where she could be

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fed continuously throughout each one. With heartbreaking candour and poignant intimacy, Emily vividly chronicles the complexities and inner struggles of living with anorexia. Two years on, she traces her disease from its elusive origins, through its darkest

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moments of deprivation, guilt and self-loathing, and finally recounts her journey towards recovery.

Emily allows us to understand what it's really like to suffer from anorexia, exposing its secrets and dispelling some of the myths that shroud it. Alive with self-

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awareness, but never self-pity,
Perfect is an inspiring read that
will help those battling with the
horrors of anorexia find a way out,
and those on the outside to
understand more.

Depicting with humor and insight

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the pressure to be outwardly perfect, this novel for ages 10-13 shows how one girl develops compassion for her own and others ' imperfections. For 13-year-old Isabelle Lee, whose father has recently died, everything's normal on the outside. Isabelle describes

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the scene at school with bemused accuracy--the self-important (but really not bad) English teacher, the boy that is constantly fixated on Ashley Barnum, the prettiest girl in class, and the dynamics of the lunchroom, where tables are turf in a all-eyes-open awareness

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of everybody's relative social position. But everything is not normal, really. Since the death of her father, Isabelle's family has only functioned on the surface. Her mother, who used to take care of herself, now wears only lumpy, ill-fitting clothes, cries all night,

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and has taken every picture of her dead husband and put them under her bed. Isabelle tries to make light of this, but the underlying tension is expressed in overeating and then binging. As the novel opens, Isabelle's little sister, April, has told their mother about

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Isabelle's problem. Isabelle is enrolled in group therapy. Who should show up there, too, but Ashley Barnum, the prettiest, most together girl in class.

"The story of a teen girl's struggle with Avoidant Restrictive Food

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Intake Disorder and how love helps her on the road to recovery" --

Determine if your eating behaviors are a problem, develop strategies to change unhealthy patterns, and learn when and how to get

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professional help when needed
with this practical, engaging guide
to taking care of yourself when
you are not a full-blown anorexic.
Millions of men and women
struggle with disordered eating.
Some stand at the mirror
wondering how they can face the

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day when they look so fat. Others binge, purge, or exercise compulsively. Many skip meals, go on diet after diet, or cut out entire food groups. Still, they are never thin enough. While only 1 in 200 adults will struggle with full-blown anorexia nervosa, at least 1 in 20

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(including 1 in 10 teen girls) will exhibit key symptoms of one or more of the officially recognized DSM eating disorders--anorexia nervosa, bulimia nervosa, and binge eating disorder. Many suffer from the effects but never address the issue because they don't fully

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meet the diagnostic criteria. If this is the case for you, then you may be "almost anorexic." Drawing on case studies and the latest research, *Almost Anorexic* combines a psychologist's clinical experience with a patient's personal recovery story to help

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readers understand and overcome almost anorexia. Almost Anorexic will give you the skills to: Understand the symptoms of almost anorexic; Determine if your (or your loved one's) relationship with food is a problem; Gain insight on how to intervene with a loved

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one; Discover scientifically proven strategies to change unhealthy eating patterns; Learn when and how to get professional help when it's needed.

Calling upon the same inner strength and faith that got her

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through her son TJ ' s tragic death at age 22, Susan Barry decided to share their story. Complete with photographs, poems and journals from TJ ' s personal lockbox, the result is a gift to the families and friends of those suffering the terrible toll of anorexia

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nervosa—and to all who seek insight into a disorder that is widely misunderstood, difficult to treat, and too often fatal. *Dying to Be Perfect* details TJ ' s journey from bright, active high school student to a young man who is isolated, desperate, and consumed

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by the disorder he has battled for nearly a decade. Fighting alongside him every step of the way is his brave and tenacious mother, who tries one strategy after another for curing TJ—everything from bargaining and tough love, to forcible commitment. In addition to

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her deft and sensitive recounting of his story, Barry has included solid advice to desperate parents, insight for those treating this disorder, and writings from others whose lives he touched. In this unforgettable book, TJ lives on and offers a beacon of hope for

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anorexia sufferers and their loved ones. Dying to Be Perfect, WILL make a difference. This is simply an incredible story.

She devoured their memoirs and magazine articles, committing the most salacious details to memory

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to learn what it would take to be the very best anorexic. When she was hospitalized at fifteen, she found herself in an existential wormhole: how can one suffer from something one has actively sought out? With attuned storytelling and unflinching

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introspection, Kelsey Osgood unpacks the modern myths of anorexia as she chronicles her own rehabilitation. How to Disappear Completely is a brave, candid and emotionally wrenching memoir that explores the physical, internal, and social ramifications of

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eating disorders.

This true story is more than one girl's struggle against the mental illness of an eating disorder. Corinne's journey propels the reader through teenage insecurities and doubts with

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honest and raw descriptions of the breakdown of the relationship with her twin brother, abandonment from her mother, the loss of her first love, the pain of isolation, and her resulting lack of self-worth. Corinne's weaknesses and willingness to die manifest

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themselves as her illness grows. But through faith, friendship, and love, she finds the strength to claw her way to recovery, demonstrating the power of hope and healing in the midst of tragedy.

When Nancy Tucker was eight

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years old, her class had to write about what they wanted in life. She thought, and thought, and then, though she didn't know why, she wrote: ' I want to be thin. ' Over the next twelve years, she developed anorexia nervosa, was hospitalised, and finally swung the

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other way towards bulimia nervosa. She left school, rejoined school; went in and out of therapy; ebbed in and out of life. From the bleak reality of a body breaking down to the electric mental highs of starvation, hers has been a life held in thrall by food. Told with

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remarkable insight, dark humour and acute intelligence, *The Time in Between* is a profound, important window into the workings of an unquiet mind – a *Wasted* for the 21st century.

All of Emily 's friends seem so

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perfect: skinny and pretty and fun and flirty. Emily loathes her slightly overweight body, and as her secret bitterness begins to eat away at her soul, she faces the dark prospect of developing an eating disorder. The ninth book in the TrueColor teen fiction series,

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Faded Denim takes a serious look at the important issues of body image and eating disorders. Includes discussion questions.

Aimee Liu, who wrote *Solitaire*, the first-ever memoir of anorexia, in 1979, returns to the subject

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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

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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

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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

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stories of many recovering anorexics she's interviewed, Liu weaves together a narrative that is both persuasive in argument and compelling in personal details.

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