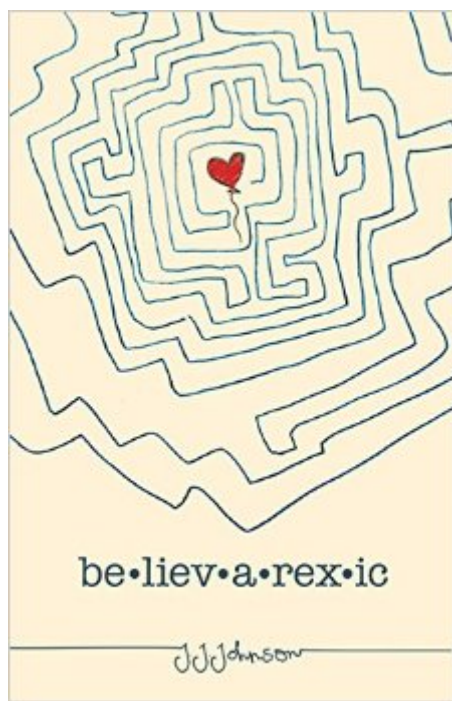


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# Believarexic



## Synopsis

Jennifer has to force her family to realize that she needs treatment for her eating disorder. But her experience in an eating disorder treatment unit isn't quite what she expected. In 1988, when she was fifteen, JJ Johnson was hospitalized for treatment of bulimarexia, a combination of bulimia and anorexia. During her ten-week stay, JJ had to eat everything on her tray, and took classes like Assertiveness Training, Depression Management, and Body Image Workshop. She gained weight, but her path toward health was a constant struggle. In her heart, JJ knew she knew that she would be a happy, healthy adult one day. But how? Instead of a clear path, there was a black abyss. She needed a guide, a mentor, someone who knew her inside and out. So, one morning, just before weigh-in, JJ closed her eyes and made a deal with herself: I promise myself that when I'm grown up, and happy, I will come back here, to these months. Healthy me will guide bulimarexic me through this. This book is that promise, kept.

## Book Information

Lexile Measure: HL550L (What's this?)

Hardcover: 464 pages

Publisher: Peachtree Publishers (October 1, 2015)

Language: English

ISBN-10: 156145771X

ISBN-13: 978-1561457717

Product Dimensions: 5.5 x 1.5 x 8.6 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #374,145 in Books (See Top 100 in Books) #60 in [Books > Teens > Historical Fiction > Biographical](#) #199 in [Books > Teens > Literature & Fiction > Social & Family Issues > Depression & Mental Illness](#) #357 in [Books > Teens > Literature & Fiction > Social & Family Issues > Self Esteem & Reliance](#)

Age Range: 12 - 17 years

Grade Level: 9 - 12

## Customer Reviews

Trigger Warnings: Eating Disorders, Alcoholism, Depression, Suicide  
First, the writing. It is absolutely spectacular. J.J. is a fantastic storyteller and her ability to craft such a beautifully woven tale which begins in second person - yes, second person - has beautiful prose in verse, smoothly

transitions into a more familiar format and still throws in gems in the form of hospital forms, etc... wow. Hats off to you. This was just wonderful. Visually one of the most beautiful pieces of work I've read in a very long time. Then, the characters. Wow. So three dimensional and authentic, some of these people will make your blood boil. I'm looking at you Nurse Ratched Sheryl (though she's not the only one). So many more will remind you why hope is that spark in the light worth looking out for, worth holding onto. The dynamics of the character relationships, fighting against each other, fighting against themselves was so pure, I can't even begin to explain how much I loved spending each and every minute with these characters. They will all teach you something about yourself, about the world. I learned a lot about myself reading this book. I faced a lot. A lot. I can't even begin to thank J.J. for sharing her truth, for sharing this experience and providing these words that so many girls and boys, teens, and adults need to hear as they sort out their truth, regain control of their lives, and learn to love themselves and live with their monsters. This book is intense. It's so raw. It doesn't glamorize a single thing.

She tried to release him but his hold on her was too tight. The monster has taken over Jennifer life, the pain and fight has consumed her and the only way out Jennifer believed, was in the advertisement that she saw on television. She has tried others ways to release him but the monster has always prevailed and now this might be the only way to kill him. It was the commercial on television that gave her hope for her friends had given up on her and her parents; they never say the signs for she was the perfect child. Jennifer was relieved that she made it to the center for she was finally going to get the help she needed and kill the monster. With her mother present, Jennifer answered the questions honestly as the doctor drilled her; she knew the truth was more than her mother could take. The truth had now been spoken and there is no turning back, welcome to Samuel Tuke Center EDU (Eating Disorder Unit) where Jennifer's life has just become an open book. There are many layers to an eating disorder and this novel focuses on many of them. The emotional, the physical and the psychological aspects are addressed with many of the characters in this novel including Jennifer. I was surprised that more anger did not pour out of the pages, as these individuals confronted their eating disorder. For these characters lives were being drastically changed and they were being told what to do by individuals in a hospital setting away from their loved ones. Some of them were forced into the program and this had to cause some hard feelings. Eating disorders are an illness that is not immediately treated and cured; this disease is a lifetime issue that affects many facets of individual's lives and the author did an excellent job handling this. Now that Jennifer is inside these walls, things look different.

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