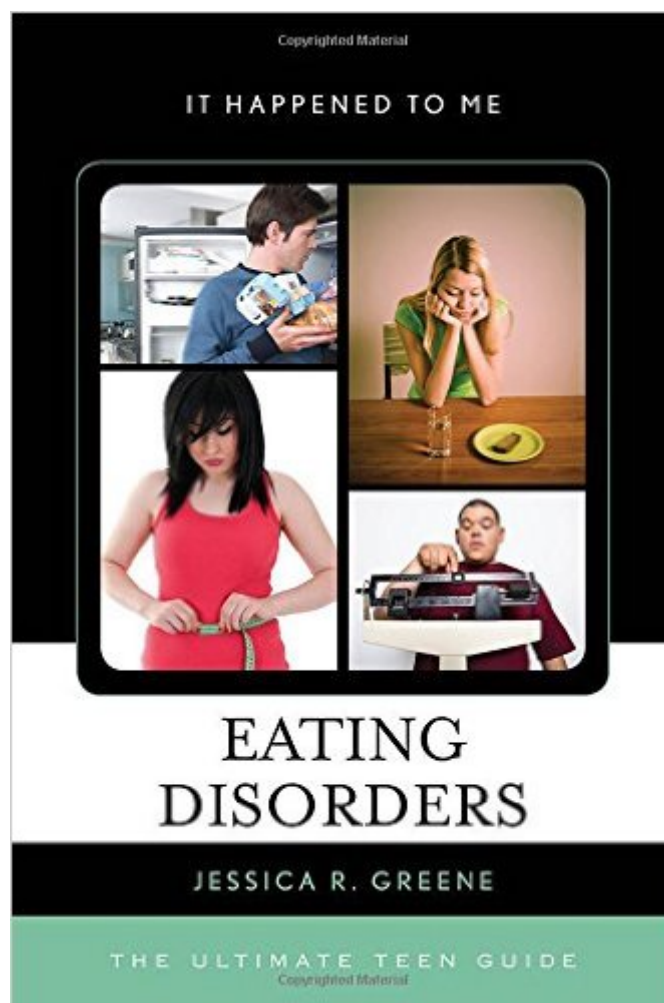


The book was found

# Eating Disorders: The Ultimate Teen Guide (It Happened To Me)



## Synopsis

Recent studies indicate that 30 million people may suffer from a clinically diagnosable eating disorder at some point in their lives. Additional statistics suggest that half a million teens are experiencing disordered weight control behaviors at any time. The overwhelming majority of individuals who suffer from eating disorders are girls and young women between the ages of 12 and 25, but young males are not immune to the symptoms and suffer just as intensely . . . mostly in silence. Eating disorders affect not only those who battle them, but family members and friends who feel powerless to help. In *Eating Disorders: The Ultimate Teen Guide*, Jessica R. Greene offers hope for individuals and their families who are experiencing these very real and devastating illnesses. In this comprehensive book, Greene examines the complex factors that contribute to pathological dieting and bingeing and purging behaviors in teenagers, as well as current thoughts on how to overcome them. The author reviews how types of eating disorders are classified per the latest edition of the Diagnostic and Statistical Manual of the American Psychiatric Association (DSM-5), points out the similarity to behavioral addictions, and showcases opinions from experts. In addition to depictions of our eating disordered legacy and discussions of brain science and body image, this book looks at: Signs and Symptoms Debunking the Myths High Risk Groups Data from around the World Health Repercussions Methods of Prevention Intervention Strategies Treatment Options Recovery Challenges. Intended to both inform and engage, this book also includes sample 'quizzes,' questions for group discussion, plus lists of resources for teens and their parents. Filled with illustrative images and drawing on many real-life stories and quotes, *Eating Disorders: The Ultimate Teen Guide* will help young adults who are afflicted with all levels and combinations of disordered eating and exercise behaviors.

## Book Information

Series: It Happened to Me (Book 39)

Hardcover: 316 pages

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Language: English

ISBN-10: 0810887738

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Product Dimensions: 1.2 x 7.2 x 10.2 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #2,188,215 in Books (See Top 100 in Books) #93 in Books > Teens > Personal Health > Diet & Nutrition #129 in Books > Health, Fitness & Dieting > Teen Health #306 in Books > Teens > Personal Health > Self-Esteem

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

I counseled families for 18 years and I wish I'd had this book available for myself, teens and their parents. It looks at the history of eating disorders, the origin of your eating disorder and all of the various forms it can be. It talks about the cost of an eating disorder and practical advice. I like the formatting of the book with sidebars and blocked print that grab your attention. There are plenty of personal quotes. As a professional I appreciated the extensive footnoting, glossary and index. It is easy to find what you are looking for. A recent article I read elsewhere talked about the importance of specific treatment and information for those who suffer from an eating disorder. This is not the usual teen depression. Eating disorders can lead to a life of chronic pain throughout adult life. It Happened to Me is part of a series for teens of over 40 titles. I guarantee that at least one will have relevance to you.

Have you ever encountered a book that you wished you had discovered long ago? "Eating Disorders" by Jessica R. Greene is that special book. It is full of honesty and hope for those of us who have suffered from eating disorders. I wish it had been available for my parents to read and to help them understand the pain which was caused by my eating disorder as a child. Parents need to understand this affliction and its causes to be able to support their child's struggle to face and learn to manage this devastating suffering. The book is like an intimate conversation between the reader and the author. I found myself talking to the characters I encountered and empathizing with their struggles. I found myself saying I know what you mean and felt anger at their pain, which was also my pain. I also realized that I was not alone in this struggle! Based on research, eating disorders have been plaguing humans since the beginning of time. For me some of the basic truths were 1.) I wasn't born with an eating disorder. 2.) Belief in the power of choice " my choice to binge or not! 3.) Importance of loving and respecting myself. 4.) Face the fears inside me which I let dominate my choices. 5.) The conviction that I will recover. Finally, take to heart the words on pages 258-259; here are some of the suggestions. " Fight to stay alive, so never give up on yourself, your family and/or friends. " Breathe through difficult moments. " Choose a daily practice that

feels centering, grounding, and mindful.â €¢ Maintain a low-stress life style.â €¢ Never lose hope. There are more powerful suggestions so love yourself and pick up the book, your lifeline to healthy and happy living.

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