

My Secret Life A Memoir Of Bulimia

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[Serving Older Teens](#) - Sheila B. Anderson 2004

In this lively and practical guide, notable teen experts and practitioners explain why service to teens in this age range is so important, and how you can enhance your collection and services to accommodate and win over this important group. Topics range from understanding older teen needs and creating a vital teen space to building and promoting a winning collection. Brimming with valuable insights, fresh ideas, as well as nuts and bolts directions, this is a must-read for all librarians who work with older teens. While libraries have traditionally offered diverse materials, services, and programs for children and even young teens based on their developmental needs, older teens (aged 16-19) are too often left out, with the excuse that older teens aren't interested. On the threshold of adulthood, these young people have immense informational needs that libraries are in a wonderful position to supply: information about colleges, about work, about relationships, and leisure activities. In this lively and practical guide, notable teen experts and stellar practitioners Sheila Anderson, Amy Alessio, Patrick Jones, Robin Lupa, and Kristine Mahood explain why service to teens in this age range is so important, and how you can enhance your collection and services to accommodate and win over this important group. Topics range from understanding older teen needs and creating a vital teen space to building and promoting a winning collection. Brimming with valuable insights, fresh ideas, as well as nuts-and-bolts directions, this is a must-read for all librarians who work with older teens.

[How to Murder Your Life](#) - Cat Marnell 2017-01-31

From the New York Times bestselling author and former beauty editor Cat Marnell, a “vivid, maddening, heartbreaking, very funny, chaotic” (The New York Times) memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at Lucky, one of the top fashion magazines in America—and that’s all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a “doctor shopper” who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who would take anything—anything—to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school—and with a prescription for the Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell’s amphetamine-fueled rise from intern to editor through the beauty departments of NYLON, Teen Vogue, Glamour, and Lucky. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Condé Nast building to seedy nightclubs, from doctors’ offices and mental hospitals, Marnell “treads a knife edge between glamorizing her own despair and rendering it with savage honesty....with the skill of a pulp novelist” (The New York Times Book Review) what it is like to live in the wild, chaotic, often sinister world of a young female addict who can’t say no. Combining “all the intoxicating intrigue of a thriller and yet all the sobering pathos of a gifted writer’s true-life journey to recover her former health, happiness, ambitions, and identity” (Harper’s Bazaar), *How to Murder Your Life* is mesmerizing, revelatory, and necessary.

Little White Lies, Deep Dark Secrets - Susan Shapiro Barash 2009-01-06

A thought-provoking, objective study of why women lie examines how society produces mixed messages that reward and foster female lies, from a woman who covers up her husband's emotional abuse, to a

woman who lies about her children's achievements, to a woman who pretends her husband is doing well when they are on the verge of financial collapse. Reprint. 20,000 first printing.

[Holy Hunger](#) - Margaret Bullitt-Jonas 2000-04-11

A wrenchingly honest, eloquent memoir “about true nourishment that comes not from [eating] but from engaging on a spiritual path.”—Los Angeles Times In this brave and perceptive account of compulsion and the healing process, Bullitt-Jonas describes a childhood darkened by the repressive shadows of her alcoholic father and her emotionally reclusive mother, whose demands for excellence, poise, and self-control drove Bullitt-Jonas to develop an insatiable hunger. What began with pilfering extra slices of bread at her parents' dinner table turned into binges with cream pies and pancakes, sometimes gaining as much as eleven pounds in four days. When the family urged her father into treatment, the author recognized her own addiction and embarked on the path to recovery by discovering the spiritual hunger beneath her craving for food.

Untamed - Glennon Doyle 2020-03-10

#1 NEW YORK TIMES BESTSELLER • OVER TWO MILLION COPIES SOLD! “Packed with incredible insight about what it means to be a woman today.”—Reese Witherspoon (Reese’s Book Club Pick) In her most revealing and powerful memoir yet, the activist, speaker, bestselling author, and “patron saint of female empowerment” (People) explores the joy and peace we discover when we stop striving to meet others’ expectations and start trusting the voice deep within us. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY O: The Oprah Magazine • The Washington Post • Cosmopolitan • Marie Claire • Bloomberg • Parade • “Untamed will liberate women—emotionally, spiritually, and physically. It is phenomenal.”—Elizabeth Gilbert, author of *City of Girls* and *Eat Pray Love* This is how you find yourself. There is a voice of longing inside each woman. We strive so mightily to be good: good partners, daughters, mothers, employees, and friends. We hope all this striving will make us feel alive. Instead, it leaves us feeling weary, stuck, overwhelmed, and underwhelmed. We look at our lives and wonder: Wasn’t it all supposed to be more beautiful than this? We quickly silence that question, telling ourselves to be grateful, hiding our discontent—even from ourselves. For many years, Glennon Doyle denied her own discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: There She Is. At first, Glennon assumed these words came to her from on high. But she soon realized they had come to her from within. This was her own voice—the one she had buried beneath decades of numbing addictions, cultural conditioning, and institutional allegiances. This was the voice of the girl she had been before the world told her who to be. Glennon decided to quit abandoning herself and to instead abandon the world’s expectations of her. She quit being good so she could be free. She quit pleasing and started living. Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is the story of navigating divorce, forming a new blended family, and discovering that the brokenness or wholeness of a family depends not on its structure but on each member’s ability to bring her full self to the table. And it is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is. *Untamed* shows us how to be brave.

As Glennon insists: The braver we are, the luckier we get.

Shamefully Vanished - Lena Ma 2020-04-20

At birth, no child says they plan to devastate their lives, but as time, circumstances, and the stressors of life mount, the pressures can become overwhelming. For Lena, nowhere was that truer than in her life. What began as a seemingly innocuous effort to quiet the chaos and gain control of one tiny facet of her life, soon spiraled into something bigger, much more harmful. When the anorexia could no longer maintain control, bulimia became the next best option, but that too, eventually fell victim to chaos. "Shamefully Vanished: A Memoir of a Girl Out of Control" chronicles the downward spiral of a young woman who looked for solace in all the wrong places, with potentially deadly vices, and found herself in and out of treatment, psychiatric facilities, and countless emergency rooms. Though this is a memoir, it is also a cautious, yet familiar, tale for anyone who has ever struggled with an eating disorder, a loss of control, high anxiety, depression, or any other seemingly impossible situation. Lena's story is written as both a cautionary tale and a glimmer of hope for anyone who has ever felt like the world forgot about them, or has gone to drastic measures to forget about themselves and their own lives.

Food and Loathing - Betsy Lerner 2004-02-23

An award-winning poet traces her lifetime struggle with an eating disorder and depression, describing how her size and self-esteem were intertwined, her mercurial experiences with support groups and therapy, her prestigious education, and the family secrets that haunted her recovery. Reprint.

Paperweight - Meg Haston 2015-07-07

This emotionally haunting and beautifully written young adult debut delves into the devastating impact of trauma and loss, in the vein of Laurie Halse Anderson's *Wintergirls*. Seventeen-year-old Stevie is trapped. In her life. In her body. And now in an eating-disorder treatment center on the dusty outskirts of the New Mexico desert. Life in the center is regimented and intrusive, a nightmare come true. Nurses and therapists watch Stevie at meal time, accompany her to the bathroom, and challenge her to eat the foods she's worked so hard to avoid. Her dad has signed her up for sixty days of treatment. But what no one knows is that Stevie doesn't plan to stay that long. There are only twenty-seven days until the anniversary of her brother Josh's death—the death she caused. And if Stevie gets her way, there are only twenty-seven days until she, too, will end her life. *Paperweight* follows seventeen-year-old Stevie's journey as she struggles not only with a life-threatening eating disorder, but with the question of whether she can ever find absolution for the mistakes of her past...and whether she truly deserves to.

Unbearable Lightness - Portia de Rossi 2011-03-03

"I didn't decide to become anorexic. It snuck up on me disguised as a healthy diet, a professional attitude. Although there was a certain glamour to anorexics, I didn't want to be one. I just wanted to excel in dieting. And weighing in at 80 pounds on 300 calories a day, I was the best little dieter there ever was." In scalding prose, Portia de Rossi reveals the pain and illness that haunted her for decades. She alternately starved herself and binged, putting her life in danger and lying to herself and everyone around her about the depth of her illness. From her lowest point, Portia began the painful climb back to health and happiness, ultimately falling head over heels in love with Ellen DeGeneres. In this remarkable and landmark book, she tells a story that inspires hope and nourishes the spirit.

Hungry for Life - Rachel Richards 2016-11-17

In this painfully moving memoir, take a firsthand look at anorexia through the eyes of a young girl. Even in kindergarten, Rachel Richards knows something isn't right. By leading us through her distorted thoughts, she shines a light on the experience and mystery of mental illness. As she grows up, unable to comprehend or communicate her inner trauma, Rachel lashes out, hurting herself, running away from home, and fighting her family. Restricting food gives her the control she craves. But after being hospitalized and forced, Rachel only retreats further into herself. With a driving perfectionism, she graduates college with honors. But at sixty-nine pounds, Rachel is a shell of nervous and obsessive behaviors that have controlled her life. Years of self-harm and self-loathing have fueled the inner battles between good and evil, health and sickness, and life and death. Acting on stage offers her moments of freedom from the skewed perceptions she's constructed over the years. But her dream of a career in theater is not enough to save her. What is the secret that will finally unleash her will to recover?

Madness - Marya Hornbacher 2009-04-01

In the vein of *An Unquiet Mind* comes a storm of a memoir that will take you deep inside bipolar disorder and change everything you know. When Marya Hornbacher published her first book, *Wasted: A Memoir of Anorexia and Bulimia*, she did not yet have the piece of shattering knowledge that would finally make sense of the chaos of her life. At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar, the most severe form of bipolar disorder. In *Madness*, in her trademark wry and utterly self-revealing voice, Hornbacher tells her new story. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage—where bipolar always beckons—is at the center of this brave and heart-stopping memoir. *Madness* delivers the revelation that Hornbacher is not alone: millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease. And Hornbacher's fiercely self-aware portrait of her own bipolar as early as age four will powerfully change, too, the current debate on whether bipolar in children actually exists. *New York Times* "Humorous, articulate, and self-aware...A story that is almost impossible to put down."— "With the same intimately revelatory and shocking emotional power that marked [*Wasted*], Hornbacher guides us through her labyrinth of psychological demons."—Elle

Fat Chance - Leslea Newman 1996-08-01

In a series of diary entries, 13-year-old Judi recounts her struggles to lose weight, hide her bulimia from her mother, find a boyfriend, and decide on a profession.

Using Writing as a Therapy for Eating Disorders - June Alexander 2016-07-01

Using Writing as a Therapy for Eating Disorders: The diary healer uses a unique combination of evidence-based research and raw diary excerpts to explain the pitfalls and benefits of diary writing during recovery from an eating disorder. In a time when diary writing remains a largely untapped resource in the health care professions, June Alexander sets out to correct this imbalance, explaining how the diary can inspire, heal and liberate, provide a learning tool for others and help us to understand and cope with life challenges. The book focuses on the power of diary writing, which may serve as a survival tool but become an unintended foe. With guidance, patients who struggle with face-to-face therapy are able to reveal their thoughts through writing and construct a strong sense of self. The effects of family background and the environment are explored, and the therapeutic value of sharing diaries, to better understand illness symptoms and behaviours, is discussed. *Using Writing as a Therapy for Eating Disorders* will be of interest to those who have recovered or are recovering from eating disorders or any mental illness, as well as therapists, clinicians and others working in the medical and healthcare professions.

Lesbian Crushes and Bulimia - Natasha Holme 2014-07-23

In 1989 nineteen-year-old Natasha is obsessively in love with her former teacher, Miss Williams. The tattoo she flashes around says so. Natasha meets Alex, a girl her own age, who questions her about the tattoo. An awkward romance is born. In this real-life teenage diary Natasha records her panic at a looming LESBIAN relationship. To lose some excess fat, she starves herself of food ... whilst working in a chip shop. And just to make sure she's gay, Natasha drags five boys into bed in the space of a week, a sin for which the sexuality police threaten to kick her out of the university Lesbian and Gay Society. In this coming out story and love story, Natasha struggles with clumsy attempts at heterosexuality, the sickening effects of weight loss techniques, disapproving shaven-headed lesbians, and sexual harassment in the chip shop.

Wintergirls - Laurie Halse Anderson 2014-03-06

A beautifully written and riveting look at anorexia from acclaimed author Laurie Halse Anderson. Cassie and Lia are best friends, and united in their quest to be thin. But when Cassie is found dead in a motel room, Lia must question whether she continues to lose weight, or choose life instead.

My Secret Life - Leanne Waters 2011

Leanne Waters is no stranger to eating disorders and mental illness. She struggled with Bulimia Nervosa, anxiety and depression in her teens. In an account of her struggle and grief, she details her battle with Bulimia. After years of bullying, Leanne examines the development of her illness and looks closely at the

psychological foundations of the ambiguous disease. It is a first-hand account of a secret world that lurks behind closed doors in daily life. A penetrating insight into the mentality of a bulimic, her story examines the downfall of a high achiever.

How to Disappear Completely - Kelsey Osgood 2014-09-30

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

An Apple a Day - Emma Woolf 2013-05-01

A woman suffering from anorexia struggles to understand the cause of her eating disorder and, more importantly, becomes determined to stop starving and start living. I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat . . . Remember when Kate Moss said, "Nothing tastes as good as skinny feels"? She's wrong: chocolate does. At the age of thirty-three, after ten years of hiding from the truth, Emma Woolf finally decided it was time to face the biggest challenge of her life. Addicted to hunger, exercise, and control, she was juggling a full-blown eating disorder with a successful career, functioning on an apple a day. Having met the man of her dreams, and wanting a future and a baby together, she decided it was time to stop starving and start living. Honest, hard-hitting, and spoken from the heart, *An Apple a Day* is a manifesto for the modern generation to stop starving and start living.

The Truth of Memoir - Kerry Cohen 2014-12-19

Baring the Truth in Your Memoir When you write a memoir or personal essay, you dare to reveal the truths of your experience: about yourself, and about others in your life. How do you expose long-guarded secrets and discuss bad behavior? How do you gracefully portray your family members, friends, spouses, exes, and children without damaging your relationships? How do you balance your respect for others with your desire to tell the truth? In *The Truth of Memoir*, best-selling memoirist Kerry Cohen provides insight and guidelines for depicting the characters who appear in your work with honesty and compassion. You'll learn how to choose which details to include and which secrets to tell, how to render the people in your life artfully and fully on the page, and what reactions you can expect from those you include in your work--as well as from readers and the media. Featuring over twenty candid essays from memoirists sharing their experiences and advice, as well as exercises for writing about others in your memoirs and essays, *The Truth of Memoir* will give you the courage and confidence to write your story--and all of its requisite characters--with truth and grace. "Kerry Cohen's *The Truth of Memoir* is a smart, soulful, psychologically astute guide to first-person writing. She reveals everything you want to know--but were afraid to ask--about telling your life story." --Susan Shapiro, author of eight books including *Only As Good as Your Word*, and co-author of *The Bosnia List*

Wasted - Marya Hornbacher 2009-03-17

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, *Wasted* is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

Warrior - Theresa Larson 2016-04-05

In this inspiring memoir, a former female Marine platoon leader recalls the wars she has fought—on the playing field, the battlefield, and inside her own soul—revealing how overcoming the harrowing circumstances in her life helped her ultimately redefine what it means to be strong and what “perfect” really is. Theresa Larson has lived multiple lives. At ten she was a caregiver to her dying mother. As an adolescent, an All-Star high school, college, and professional softball player. As a young adult, a fitness competition winner, beauty pageant contestant, and model. And as a grown woman, a high-achieving

Lieutenant in the Marines, in charge of an entire platoon while deployed in Iraq. Meanwhile, Theresa was battling bulimia nervosa, an internal struggle which ultimately cut short her military service when she was voluntarily evacuated from combat. Theresa's journey to wellness required the bravery to ask for help, to take care of herself first, and abandon the idea of “perfect.” In *Warrior*, she lays bare all of these lives in intimate and vivid detail, examining extremely personal and sometime painful moments and how, by finally accepting the help of others, she learned to make herself whole. From growing up in a log cabin outside Seattle to facing down the enemy in Iraq, Theresa's journey demonstrates that good health and happiness is a daily, intentional act that requires persistence and commitment. Theresa hopes that through sharing her story, she will help inspire others to empower themselves, embrace their inner warrior and re-define strength. Startling and funny, terrifying and triumphant, heartbreaking and inspirational, *Warrior* is at heart a story of perseverance and success—of a determined woman who is model for everyone struggling to conquer their own demons. Theresa shows that asking for help can be an act of courage, and that we are stronger than we think when faced with seemingly impossible odds.

Lighter Than My Shadow - Katie Green 2013-10-11

A poignant, heart-lifting graphic memoir about anorexia, eating disorders and the journey to recovery Like most kids, Katie was a picky eater. She'd sit at the table in silent protest, hide uneaten toast in her bedroom, listen to parental threats that she'd have to eat it for breakfast. But in any life a set of circumstance can collide, and normal behaviour might soon shade into something sinister, something deadly. *Lighter Than My Shadow* is a hand-drawn story of struggle and recovery, a trip into the black heart of a taboo illness, an exposure of those who are so weak as to prey on the vulnerable, and an inspiration to anybody who believes in the human power to endure towards happiness. 'Even at its most heartbreaking it never feels sombre ... Inspiring, plucky and, in the end, consoling, it's hard to put down' Observer

Until the Death of Me - Saori Okada 2021-11-10

Until the Death of Me is a narrative memoir that follows the innocent beginnings of the author's eating disorder in adolescence and the 15 years of pain, suffering, self-discovery, and ultimately self-love that followed. The title, *Until the Death of Me*, was how Saori viewed her eating disorder. She was planning on taking her eating disorder secret with her to the grave. The anxiety, shame, and sheer panic with the thought of someone finding out about her "secret" were debilitating. Powered by reflection points and an undeniably authentic voice, *Until the Death of Me*, takes you into the mind, body, and soul of an individual evolving into her own to truly overcome her eating disorder.

A Tribute to Madness and Smiles - Amanda Szumowski 2010-08-02

A Tribute to Madness and Smiles is an honest, open, and true account into the wild world of both Bipolar and Bulimia. With it's heartfelt language and sincere honesty, the memoir will engulf any reader-mental health patient or not.

Not All Black Girls Know How to Eat - Stephanie Covington Armstrong 2009-08

Describing her struggle as a black woman with an eating disorder that is consistently portrayed as a white woman's problem, this insightful and moving narrative traces the background and factors that caused her bulimia. Moving coast to coast, she tries to escape her self-hatred and obsession by never slowing down, unaware that she is caught in downward spiral emotionally, spiritually, and physically. Finally she can no longer deny that she will die if she doesn't get help, overcome her shame, and conquer her addiction. But seeking help only reinforces her negative self-image, and she discovers her race makes her an oddity in the all-white programs for eating disorders. This memoir of her experiences answers many questions about why black women often do not seek traditional therapy for emotional problems.

Hungry for Ecstasy - Sharon Klayman Farber 2012

Hungry for Ecstasy: Trauma, The Brain, and the Influence of the Sixties by Sharon Klayman Farber explores the hunger for ecstatic experience that can lead people down the road to self-destruction. In an attempt to help mental health professionals and concerned individuals understand and identify the phenomenon and ultimately intervene with patients, friends, and loved ones, Farber speaks both personally and professionally to the reader. She discusses the different paths taken on the road to ecstatic states. There are religious ecstasies, ecstasies of pain and near-death experiences, cult-induced ecstasies, creative ecstasies, and ecstasies from hell. *Hungry for Ecstasy* explores not only the neuroscientific processes

involved but also the influence of the sixties in driving people to seek these states. Finally, Farber draws from her own personal and professional experience to advise others how to intervene on behalf of the person whose behavior puts his or her life at risk.

[The Secret Life of Debbie G.](#) - Vibha Batra 2020-10-05

It all started cos I wanted to mess with the Invincibles (the superbrats). #SorryNotSorry. But one thing led to another, and before I knew it, I was hitting out at everyone, even the Incredibles (the geeks) and the Invisibles (the losers). Seriously, my online persona is starting to mess with my head. The Secret Life of Debbie G. is the story of a sixteen-year-old who becomes an online sensation overnight. Except, it's her online persona that hits big time. Set in contemporary times, where the number of likes, comments, shares, DMs and followers determine a teenager's sense of self-worth, the story takes a close look at how social media influences their behaviour and affects their emotional health. Equal parts poignant and fun, this is a bittersweet coming-of-age story.

[Thin](#) - Grace Bowman 2007-01-25

Bright, popular, pretty and successful, Grace Bowman had the world at her feet. So what drove her to starve herself nearly to death at the age of 18? And what, more importantly, made her stop? A grippingly honest account of life with anorexia nervosa, *A Shape of My Own* is Grace's heartbreaking, shocking and, finally, inspirational memoir. An extraordinary story, it is also a common one - is there a woman in the western world who has a normal relationship with food? A compulsive read, essential for anyone hoping to understand more about eating disorders and overcoming addiction.

[Going There](#) - Katie Couric 2021-10-26

This heartbreaking, hilarious, and brutally honest memoir shares the deeply personal life story of a girl next door and her transformation into a household name. For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now. Of the medium she loves, the one that made her a household name, she says, "Television can put you in a box; the flat-screen can flatten. On TV, you are larger than life but smaller, too. It is not the whole story, and it is not the whole me. This book is." Beginning in early childhood, Couric was inspired by her journalist father to pursue the career he loved but couldn't afford to stay in. Balancing her vivacious, outgoing personality with her desire to be taken seriously, she overcame every obstacle in her way: insecurity, an eating disorder, being typecast, sexism . . . challenges, and how she dealt with them, setting the tone for the rest of her career. Couric talks candidly about adjusting to sudden fame after her astonishing rise to co-anchor of the TODAY show, and guides us through the most momentous events and news stories of the era, to which she had a front-row seat: Rodney King, Anita Hill, Columbine, the death of Princess Diana, 9/11, the Iraq War . . . In every instance, she relentlessly pursued the facts, ruffling more than a few feathers along the way. She also recalls in vivid and sometimes lurid detail the intense pressure on female anchors to snag the latest "get"—often sensational tabloid stories like Jon Benet Ramsey, Tonya Harding, and OJ Simpson. Couric's position as one of the leading lights of her profession was shadowed by the shock and trauma of losing her husband to stage 4 colon cancer when he was just 42, leaving her a widow and single mom to two daughters, 6 and 2. The death of her sister Emily, just three years later, brought yet more trauma—and an unwavering commitment to cancer awareness and research, one of her proudest accomplishments. Couric is unsparing in the details of her historic move to the anchor chair at the CBS Evening News—a world rife with sexism and misogyny. Her "welcome" was even more hostile at 60 Minutes, an unrepentant boys club that engaged in outright hazing of even the most established women. In the wake of the MeToo movement, Couric shares her clear-eyed reckoning with gender inequality and predatory behavior in the workplace, and downfall of Matt Lauer—a colleague she had trusted and respected for more than a decade. Couric also talks about the challenge of finding love again, with all the hilarity, false-starts, and drama that search entailed, before finding her midlife Mr. Right. Something she has never discussed publicly—why her second marriage almost didn't happen. If you thought you knew Katie Couric, think again. *Going There* is the fast-paced, emotional, riveting story of a thoroughly modern woman, whose journey took her from humble origins to superstardom. In these pages, you will find a friend, a confidante, a role model, a survivor whose lessons about life will enrich your own.

Full - Julia Spiro 2022-04

To her followers, she advocates for an authentic and transparent life. In reality, she's living a perfect lie. Wellness influencer Ava Maloney's enormous success is based on total transparency, extolling the well-documented virtues of her full, balanced life. But the truth is, Ava's social media platform is built on a lie. And her double life is beginning to take its toll. Escaping Los Angeles for a luxury wellness retreat on Martha's Vineyard, Ava believes she can get everything back on track. No fans will be the wiser to the real reason for her visit. With the help of the other guests, staff, and a supportive local, Ava begins regaining control of her body, her mind, and her life. Except someone is onto her, threatening to expose the secret she's hidden for so long. Ava was prepared to face her demons, but not publicly. Not yet. The fallout might also force Ava to finally reconcile who she's been pretending to be with who she actually is—a woman discovering the real meaning of a full and balanced life.

[Alone in a Crowd](#) - Andrea Parmar 2018-06-14

Always seemingly happy and talkative, the author shares the darkest secrets of her sixteen-year battle with an eating disorder. Hiding her insecurities "behind the mask" of a seemingly perfect life, Andrea struggles to be present in the moment even when surrounded by family and friends. Every moment, of each day, her thoughts and energy are consumed by body image concerns, distorted thoughts around food, and other mental health issues. Andrea often finds herself feeling "Alone in a Crowd" despite her professional knowledge and caring family. Her husband also shares his unique "partner's perspective", describing the stressors of being in a relationship consumed by a disordered-eating addiction. He candidly describes his frustrations, and feelings of powerlessness and betrayal, in their fight against food. Eventually, they both realize that a shift in mindset would be necessary for their marriage to survive. With the help of professional counselling services and personal reflection, Andrea is able to gain control over her self-harming ways. Despite overcoming this deadly addiction she soon discovers that "Life" doesn't stand up to applaud her accomplishment, but instead throws more hurdles her way including her recent diagnosis of Multiple Sclerosis.

[Empty](#) - Susan Burton 2021-07-06

An editor at *This American Life* reveals the searing story of the secret binge-eating that dominated her adolescence and shapes her still. "Her tale of compulsion and healing is candid and powerful."—*People* **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY MARIE CLAIRE** For almost thirty years, Susan Burton hid her obsession with food and the secret life of compulsive eating and starving that dominated her adolescence. This is the relentlessly honest, fiercely intelligent story of living with both anorexia and binge-eating disorder, moving past her shame, and learning to tell her secret. When Burton was thirteen, her stable life in suburban Michigan was turned upside down by her parents' abrupt divorce, and she moved to Colorado with her mother and sister. She seized on this move west as an adventure and an opportunity to reinvent herself from middle-school nerd to popular teenage girl. But in the fallout from her parents' breakup, an inherited fixation on thinness went from "peculiarity to pathology." Susan entered into a painful cycle of anorexia and binge eating that formed a subterranean layer to her sunny life. She went from success to success—she went to Yale, scored a dream job at a magazine right out of college, and married her college boyfriend. But in college the compulsive eating got worse—she'd binge, swear it would be the last time, and then, hours later, do it again—and after she graduated she descended into anorexia, her attempt to "quit food." Binge eating is more prevalent than anorexia or bulimia, but there is less research and little storytelling to help us understand it. In tart, soulful prose Susan Burton strikes a blow for the importance of this kind of narrative and tells an exhilarating story of longing, compulsion and hard-earned self-revelation.

My Name Is Caroline - Caroline Adams Miller 1991

A nationally known lecturer recounts the story of her life-and-death struggle with bulimia and her subsequent efforts to help the growing number of Americans suffering from eating disorders

The 'Gentle' Murders? - K. S. Culling

Perfect - Natasha Friend 2010-01-01

Depicting with humor and insight 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 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 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, 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 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 Time In Between](#) - Nancy Tucker 2015-03-26

When Nancy Tucker was eight 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 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 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.

Andrea's Voice: Silenced by Bulimia - Doris Smeltzer 2013-10-18

Traces the life and death of a nineteen-year-old bulimic and her mother's ensuing journey for answers and healing, in a tale told through the victim's poetry and journal entries as well as her mother's reflections

about the disorder. Original.

[The Secret Life of a Weight-Obsessed Woman](#) - Iris Ruth Pastor 2018-01-30

After 46 years of battling bulimia, Iris Ruth Pastor sheds her secret in this engaging memoir. With honesty and humor, she brings readers on the journey from despair to healing. If you are grappling with anything that prevents you from operating at full throttle, Iris's inspirational story reminds us all that recovery is within our reach.

[Born Round](#) - Frank Bruni 2010-06-29

The New York Times restaurant critic's heartbreaking and hilarious account of how he learned to love food just enough Frank Bruni was born round. Round as in stout, chubby, and always hungry. His relationship with eating was difficult and his struggle with it began early. When named the restaurant critic for The New York Times in 2004, he knew he would be performing one of the most watched tasks in the epicurean universe. And with food his friend and enemy both, his jitters focused primarily on whether he'd finally made some sense of that relationship. A captivating story of his unpredictable journalistic odyssey as well as his lifelong love-hate affair with food, *Born Round* will speak to everyone who's ever had to rein in an appetite to avoid letting out a waistband.

My Secret Life - Leanne Waters 2015-01-08

In this non-fiction story of struggle and grief, *My Secret Life: A Memoir of Bulimia* details one teenager's battle with Bulimia Nervosa. After years of bullying, Leanne Waters examines the development of her illness and looks closely at the psychological foundations of this ambiguous disease. It is a first-hand account of a secret world that lurks behind closed doors in daily life. A penetrating insight into the mentality of a Bulimic, the story follows Waters' downfall from a high-achiever with tremendous potential to a shadowed breath of her former self.