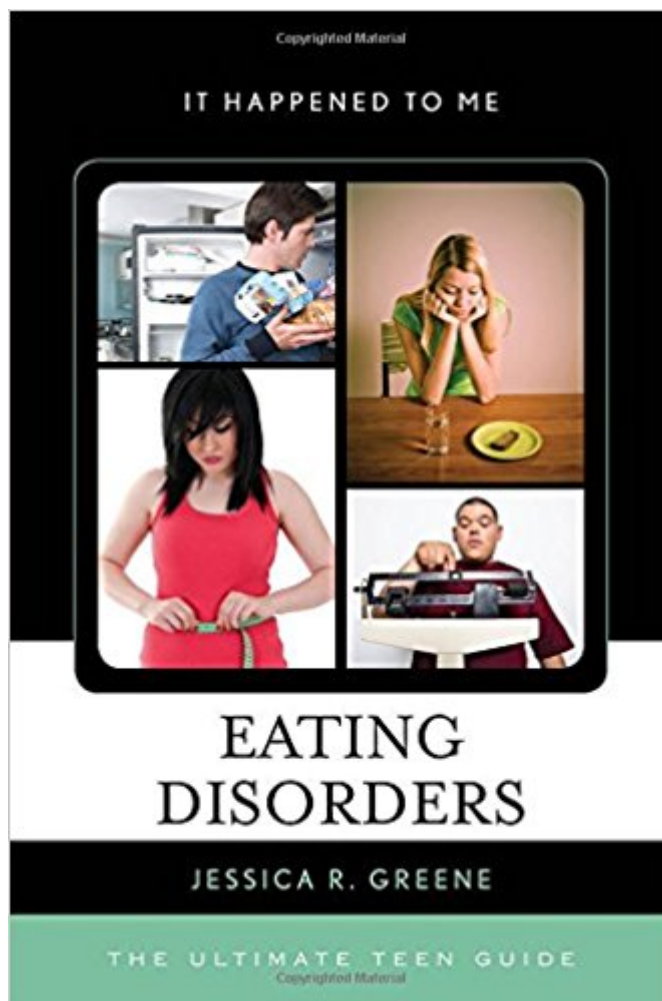


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# Eating Disorders: The Ultimate Teen Guide (It Happened To Me)



## 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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Average Customer Review: 5.0 out of 5 stars 2 customer reviews

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Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Gr 9 Up • There are many texts that deal with eating disorders, but this is one of the more comprehensive ones. The author not only covers the basics (symptoms, consequences, treatment) of anorexia and bulimia; she also addresses lesser-known types of disordered eating, such as binge eating disorder and unclassified eating disorders. There are chapters that thoroughly discuss the possible causes of eating disorders and relate them to addiction. Most interesting are the sections that focus on the history of starving and on those who knowingly have starved themselves, be it for piety, politics, or entertainment, and the parts that highlight society's ever-changing ideals of beauty, femininity, and thinness. The book notes some correlation between eating disorders and society's near-impossible body image ideals. Each chapter begins with thought-provoking questions to be addressed in the text and ends with a copious section of multimedia resources that can be used for further exploration. Readers will appreciate the many personal accounts from those who have dealt with eating disorders, as well as opinions from experts in the field. Contact information for these individuals is included, too, such as Twitter handles, email addresses, and websites, further enhancing students' ability to delve deeper in the subject. There are a few photos throughout, along with some satisfactory text boxes. The text can be somewhat dry at times and some of the statistics complicated, but overall this is a strong resource for teens doing research that goes beyond basic report writing. • Patricia Feriano, Our Lady of Mercy School, Potomac, MD

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Eating Disorders: The Ultimate Teen Guide is designed with the high school age student in mind who wants a broad overview of the physical and emotional issues associated with anorexia, bulimia, binge eating, and other eating disorders. While the teenage years are a time of great emotional and psychological change, there are many issues that may arise for the teen dealing with eating disorders. The work focuses on the psychological issues of young adults with eating disorders, the anxieties they have around food, the origins of extreme eating, the physical effects of eating disorders, and interventions and treatments. Information in this work is presented through the personal stories of teens and young adults who have lived through the experience of eating disorders; most of the stories focus on teenagers who have experienced eating disorders first-hand. The volume includes discussion questions at the end of each chapter to help teens verbalize their questions, up-to-date statistics, and first-hand advice from professionals. Teens who are experiencing issues with eating disorders first-hand, either themselves or with a parent or friend, will find this guide useful. The personal experiences shared in this book will appeal to this target audience and could be useful for students this age researching this topic. (American Reference Books Annual)

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 is 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.
- Maintain a low-stress life style.
- Never lose hope. There are more powerful suggestions so love yourself and pick up the book, your lifeline to healthy and happy living.

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.

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Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Eating Disorders: The Ultimate Teen Guide (It Happened to Me) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Chronic Illnesses, Syndromes, and Rare Disorders: The Ultimate Teen Guide (It Happened to Me) Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) Understanding Sports and Eating Disorders (Teen Eating

Disorder Prevention Book) Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Ultimate Guide Living through the 12 Steps-: How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders, 12 steps) Cystic Fibrosis: The Ultimate Teen Guide (It Happened to Me) Epilepsy: The Ultimate Teen Guide (It Happened to Me) Asthma: The Ultimate Teen Guide (It Happened to Me) Substance Abuse: The Ultimate Teen Guide (It Happened to Me) Immigration: The Ultimate Teen Guide (It Happened to Me) Comics, Graphic Novels, and Manga: The Ultimate Teen Guide (It Happened to Me) Divorce: The Ultimate Teen Guide (It Happened to Me)

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