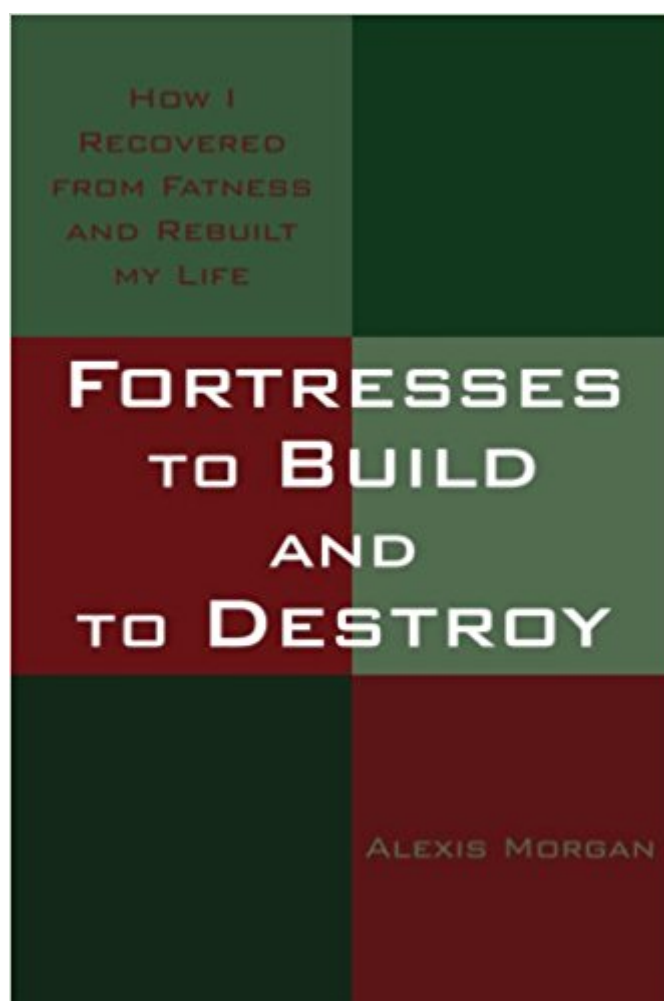


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# Fortresses To Build And To Destroy: How I Recovered From Fatness And Rebuilt My Life



## Synopsis

The author first conceived the title of this book about 30 years ago, when she became convinced that her obesity had a purpose, and that understanding the emotional issues driving her tendency towards fatness would be necessary for healing. To that end, she studied her own behavior for many years, keeping notes of the factors involved in her overeating and obesity as she discovered them. At age 60, when 370 pounds threatened her life, she received the medical intervention called Gastric Bypass Surgery. She believed that as she lost weight she would relive her original childhood suffering, during which she began to use images of food and fat to defend against feelings of isolation. Therefore, she would need to find new strategies for dealing effectively with old challenges. To accomplish this goal, she kept a journal during the weight loss, recording her experiences, including the resurgent memories of unresolved grief. The author hopes that her story might help other people similarly identify their own faulty learning, including the tendency to addiction, especially emotionally based over-eating. Readers can use the author's method of discovery for their own growth and recovery. It includes defining what she believed to be her problem, proceeding with a workable program for weight loss, remembering the traumatic events alongside the gifts of her childhood, recording her emotional reactions to change and progress, finding new responses to old deprivations, searching for important truths about herself, and making new decisions for her future. Additionally, the book follows a format that includes questions for groups of people who wish to share their own emotional struggles with defensive fatness. As such, it will be a valuable resource for people using surgery to assist them in the weight loss process.

## Book Information

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## Customer Reviews

This book details one woman's attempt to overcome both her health problems and her traumatic past. It is useful not just for those seeking to lose weight or overcome abuse but for those looking for their internal strength to overcome obstacles in their lives. This book is more than an autobiography, it is more than therapy. It is a journey of spiritual and personal growth for readers and how one woman found the courage to overcome the haunting memories of an abusive childhood and use that experience to help others.

This is a courageous account of one person's journey to authenticity. The writer's struggle was with obesity but the concepts can be interchanged to apply to anyone suffering from any addiction. I would recommend this to anyone who is tired of living with the emptiness of trying to please everyone but herself and is ready for self-awakening.

While ultimately I found the book inspiring, it was difficult to read in a continuous sitting. I found that I had to "digest" one chapter at a time. The writer's story made me feel uncomfortable at times. Perhaps because it reminded me of things I had experienced and would rather forget. I do believe her personal discovery has important messages for the reader. And the exercises or meditations at the end of each chapter are very helpful to someone on the road to recovery/discovery. However, this is not a book for someone who is not ready to seriously examine why they have used fatness as a source of protection. It can be quite painful to do the work the author has done. It was well written and well organized.

This is one of the most powerful and beautiful books I've ever read. Ms. Morgan relates her issues with food addiction back to her often traumatic childhood. I have had problems in my own life with obsessive eating and always wondered why. The questions to the reader at the end of each chapter were so helpful to me in my own discovery of this question. This book is for everyone seeking an understanding into their addiction or a loved one's addiction. It is thought provoking and so beautifully written. You won't be able to put this one down!

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