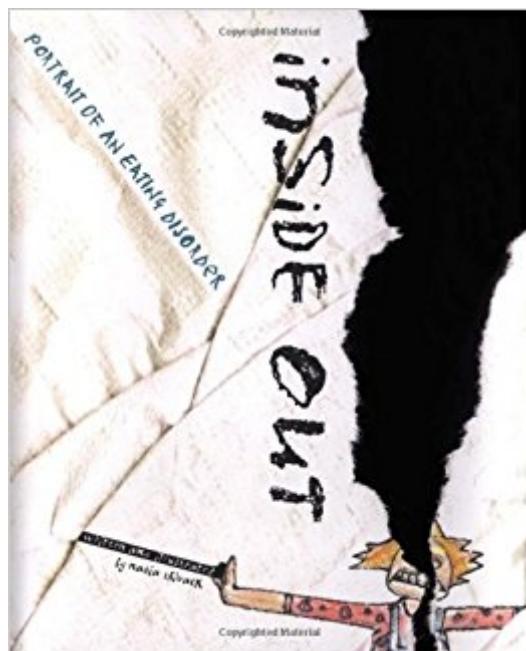


The book was found

Inside Out: Portrait Of An Eating Disorder



Synopsis

"Every day, meal by meal, millions of people suffer from eating disorders. I am one of them." Nadia Shivack was fourteen years old when she met Ed, her eating disorder. Sometimes like an alien in her body, sometimes like a lover, Ed was unpredictable and exciting, but ultimately always dangerous and destructive. At an inpatient unit of a hospital where she was taken for treatment, Nadia wrote and drew on napkins after meals in order to keep the food in and calm the outrageous voices in her head. These pictures, together with others drawn on notebook paper and a variety of other surfaces, tell an unflinchingly honest story of a woman's lifelong battle with anorexia and bulimia. Raw, brave, and brilliant, Nadia's journey takes readers to the intimate corners of these misunderstood diseases. You will never think about eating disorders in the same way again.

Book Information

Hardcover: 64 pages

Publisher: Atheneum Books for Young Readers (July 24, 2007)

Language: English

ISBN-10: 0689852169

ISBN-13: 978-0689852169

Product Dimensions: 7 x 0.5 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #1,496,771 in Books (See Top 100 in Books) #20 inÂ Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #35 inÂ Books > Teens > Social Issues > Physical & Emotional Abuse #81 inÂ Books > Teens > Personal Health > Depression & Mental Health

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

In Nadia Shivack's heartbreaking true story, she tells the world about her life-long problem with eating disorders. Told with a mixture of text and pictures drawn by Ms. Shivack, her preoccupation with food began when her mother told her that not only did she not dress like a girl, but that she was also getting chunky. Her parents had their own problems - her father was overly critical and her mother, a Holocaust survivor, refused to let her three children leave the table until they had cleaned their plates, even though she herself only ate one small meal a day to survive. When Nadia began

swimming competitively in school, her swim coach would praise the girls who were slender and berate those who, in his opinion, needed to lose weight. She began to feel huge and unattractive, and started the cycle of abuse with restricting her diet and then binging on foods that were not allowed. It wasn't long before she met "Ed," her eating disorder - the evil alien being who took over her life. Nadia's trouble with food was not restricted to her youth. Through high school, through college, through study programs and medication, she struggled with it her entire life. Even knowing the side effects - being unable to sleep, rotting gums from purging, being incapable of having effective relationships - it wasn't until Nadia was about to turn forty that she decided to try another treatment program. Thankfully, Ms. Shivack did eventually overcome the horror of her eating disorder. Like many other diseases, however, she knows that this will be a lifelong struggle, something that she will always have to work at.

[Download to continue reading...](#)

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 Inside Out: Portrait of an Eating Disorder Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety 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) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Microsoft Windows Security Inside Out for Windows XP and Windows 2000 (Bpg--Inside Out) Microsoft® Windows® XP Inside Out (Bpg-Inside Out) Microsoft® Windows® XP Inside Out Deluxe (Bpg-Inside Out) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11

simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Antique Boxes-Inside and Out: For Eating, Drinking and Being Merry How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out BIPOLAR DISORDER: Bipolar Disorder Survival Guide (SECOND EDITION) Help! I Am In Love With A Narcissist: Narcissistic,Narcissistic Personality Disorder,Sociopath (Manipulation,Personality Disorder,Recovery Advice, Breaking Up) Schizoaffective Disorder: Your Quick Guide to Understanding Schizoaffective Disorder (psychotic disorders) Personality Disorders:The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)