Contents

Foreword 7
Introduction 10

Chapter 1: A Broad Spectrum of Illness
1. Ballet Dancing Led Me to Anorexia 16
   Lana D’Amico
   Lana, a promising and aspiring ballet dancer, remembers her battle with anorexia as a teenager.

2. My Struggle with Bulimia 21
   Kathryn, as told to Sandy Fertman Ryan
   The article recounts Kathryn's long descent into bulimia, her suicide attempt, and her eventual, slow recovery.

3. Overcoming Compulsive Eating 26
   Frances Kuffel
   The author, who gained national fame after losing half her body weight, relates how food addiction and compulsive eating are not easily overcome.

4. My Battle with Anorexia and Schizophrenia 36
   Candy Newman
   Eating disorders are mental illnesses that often go hand-in-hand with other mental health issues. Here a woman whose college struggle with anorexia triggered psychotic episodes tells her story.

Chapter 2: Family Connections
1. A Mother’s and Daughter’s Diaries 44
   Linda M. Rio and Tara M. Rio
   In alternating excerpts from their diaries, as well as a retrospective essay about the experience, a mother and teenage daughter share their own experience of the daughter’s bulimia.
2. A Grandmother’s Gift
Laura Collins
The author, whose fourteen-year-old daughter Olympia struggled with anorexia, discusses the important role Olympia’s grandmother played in her recovery.

3. Stopping the Cycle
Anne Burt
When the author was pregnant with her own daughter, she reflected on how her mother’s body insecurity and food issues were passed down to her, and vows not to do the same thing to her newborn daughter.

Chapter 3: A Diverse Disease

1. Midlife Anorexia
Roxanne Patel
The author profiles Barbara Daub, a middle-aged woman who developed anorexia after her grown children moved away from home.

2. Black Women Get Eating Disorders Too
Lisa, as told to Nell Bernstein
Lisa, a young African American woman, chronicles how her race resulted in many missed diagnoses of her chronic eating disorders.

3. The Color of Anorexia
Anna Whitehead
The author, who has a black father, reflects on the label “white girls’ disease” as it relates to her own anorexia.

4. Skinny Boy
Gary A. Grahl
Grahl struggled with anorexia as a teenage boy. Here, as he relates a counseling session during the beginning of his recovery, he reveals how his rationales for losing weight were very different from those of teenaged girls.

Organizations to Contact
For Further Research
Index