

BITING
THE HAND
THAT
STARVES
YOU

INSPIRING RESISTANCE
TO ANOREXIA/BULIMIA

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Richard Maisel

**Biting the Hand that Starves You: Inspiring Resistance
to Anorexia/Bulimia (Norton Professional Books)**



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This important book immediately draws the reader into the world of those struggling with anorexia/bulimia (a/b), whose stories, poems, and first-person accounts expose the 'voice' of the deadly problems. The authors' decade-and-a-half collaboration with 'insiders' has yielded new answers to these life and death queries: How does a/b seduce and terrorize girls and ladies? How can such a murderer be exposed and thwarted? Why is a/b successful in encouraging ladies and women to unwittingly embrace their would-be murderer? By having conversations with insiders where the problem can be regarded as an external influence rather than a area of the person, these therapists present how to bring the techniques of a/b in to the open, expose its deceptions, break its spell, and encourage defiance of its tyrannical rule. This book details a unique thought process and speaking about anorexia/bulimia. Coercion can be sidestepped in favor of methods that are collaborative, accountable and spirit-nurturing. These improvements enable insiders, experts, and loved ones to unite against anorexia/bulimia instead of allowing a/b to pit a professional or cherished one against an insider, and the insider against herself. The groundbreaking discoveries outlined in this reserve will provide new options, motivation and hope, not merely for those who suffer at anorexia's hands, but also for their loved ones and healthcare professionals.



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This book was recommended to me by my therapist. This book was recommended to me by my therapist. It really is a great examine for anyone fighting an eating disorder. anorexia- an enemy that needs fighting back only now, after a decade , I understand what's my daughter is wanting to fight. I recommend it to all people who are close to people coping with this enemy-anorexia. A must read. The therapy transcripts are inspiring and compelling, and provide hope that illness can/will be defeated. Unlike many other books, *Biting the Hand that Starves You* goes a stage beyond just concentrating on how to get over specific eating disordered behaviors. This book scared me and exposed anorexia as something outside myself and as an out of body voice that has influenced my thoughts since childhood. We was thrilled to see that the book vividly illustrates the vicious dialogue occurring between the taking in disorder and the individual who suffers terribly with it. Because *Biting the Hand that Starves You* should have been an incredible way to obtain information, motivation, and hope when I was desperately struggling in the depths of my eating disorder. I only want that Rick, David, and Ali had written this book years back! Throughout my recovery, psychotherapist and writer Thom Rutledge motivated me to practice this extremely dialogue between my accurate self (Jenni) and my eating disorder ('Ed') over and over again, which was crucial to my locating the amazing freedom I experience today. *Biting the Hands that Starves You* includes many uplifting, inspirational personal accounts that uncover people can and do beat anorexia/bulimia! Extraordinary book *Biting the Hand that Starves You* is a very unique book that it more likely to change the way you view eating disorders. The publication offers many strategies to deal with the illness. Yet frequently I've come from such reading feeling dissatisfied and disheartened. This is one book that I am glad I came across on the shelves of eating disorder literature. Not so with '*Biting the Hand that Starves You*'; Jenni Schaefer, writer of *Lifestyle Without Ed: How 1 Girl Declared Independence from her Eating Disorder and How You Can Too* (McGraw-Hill) Highly recommended. As someone who has struggled with anorexia for over fifty percent my life, I have often found myself reading anything on anorexia I possibly could lay my hands on; desperately looking for the reassurance that comes from knowing one isn't alone in one's experiences, as well for some elusive insight that may assist me in resisting anorexia's stranglehold over my life. It also talks about shifting and reclaiming your life --- offering great insight on overcoming perfectionism, taking risks, and even going after dreams and passions. I just wish it would have appeared a little bit sooner! in this publication I found so much of what I have been searching for and many more. It doesn't blame the patient for the problem. The effect is a reserve that speaks compellingly of anorexia/bulimia, and crucially, does so in a fashion that is hardly ever patronising, pathologising or didactical. great! Rather than discussing afflicted people as "unwell," it identifies "insiders" and

discusses a way of thinking where one views their disorder as distinct from themselves, rather than who they are. Reader Review This is just an incredible book. As a recovering anorexic, i've found this book not only hopeful and inspiring, but helpful and exciting. It has produced me think of my consuming disorder in a whole new way. I recommend the reserve to all readers, from those fighting anorexia/bulimia, to their family and friends, and health professionals. Providing exciting new ways of thinking and talking about anorexia/bulimia, the book engenders a sense of wish - a 'commodity' that's often desperately lacking, however so vital when it comes to resisting anorexia/bulimia. Within the book, the authors compassionately talk about ways to really make practical techniques to join the ranks of those who currently walk that route of independence. It includes many first hands accounts of women's struggles to free of charge themselves from the ways bulimia and anorexia control their lives. And it maps out the type of the control, which is certainly beyond the try to control meals and weight--it's tied to societal messages about how exactly women should behave (care for others, be wonderful to everyone, succeed in many arenas, etc. It's exciting and i extremely recommend it for folks suffering from an eating disorder, those people who are recovered, friends and family of sufferers, and simply anyone who has an interest. The book is mainly written for therapists but will be helpful to others suffering from bulimia and anorexia. This book got me eating meals I liked that the reserve doesn't discriminate against taking in disorder patients. As the authors are not the first specialists to draw on 'insider knowledges' (the knowledges of individuals with first-hand experiences of anorexia/bulimia), the prominence and the respect accorded to such knowledges is unprecedented. Looking forward to this Great Book!



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