

"Raw. . . . This authentic, painful story adds a valuable firsthand perspective on eating disorders." —*Publishers Weekly*



elena vanishing

A MEMOIR

Elena and Clare B. Dunkle

Elena Dunkle

Elena Vanishing: A Memoir



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This is actually the story of seventeen-year-old Elena, whose armor against anxiety becomes artillery against herself as she battles on both sides of a lose-lose war in challenging with anorexia. Told entirely from Elena's perspective and co-written with her mother, Elena's memoir can be a remarkable and intimate appearance at a deadly disease, and a must-read for anybody who knows someone suffering from an eating disorder.



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Best memoir i have read in a long time I wasn't pulled in immediately. I'm familiar with reading novels, so reading a memoir takes a bit of time to adjust to. It was also so very hard to read. This book chronicles Elena's life with anorexia. You sensed for Elena, and just wished to obtain her the assist you to knew she required. This book is raw and sad, but illuminating. Five Stars Great book for individuals who want to learn more about eating disorders and this book is an extremely good and realistic Absolutely probably the most impacting books I've read. Loved ones who are concerned also needs to do so. There really is not a happy ending in regards to eating disorders, nevertheless, you may manage how you cope with them. Amazing!" While a long-time sufferer, I've usually found the "voice" challenging to describe to friends/family trying to understand. Overall, a fantastic book. I'd definitely recommend this to anyone with an eating disorder This book isn't for the faint of heart. Very raw, genuine, disturbing story of her existence with anorexia - it had been so heartbreaking at some points I had to resist crying at the job, but I didn't need to place it down and stop reading, even during those parts.. It isn't an easy road on her behalf and she hardly ever shies from the truth. That's the other good factor Elena Vanishing. This was a very raw, personal read. I felt as if Elena was sitting here, informing me her story. There are so many books on this subject, but that one is certainly in a course of its own. The family dynamics were very reasonable, and it kept my interest throughout its entirety.! A truthful consider the existence of someone with an eating disorder. This book is informed from Elena's perspective about her battle with anorexia. The emotions described took me inside the authors ' heads in order that I experienced sadness, frustration, anger, desperation, and a significant sense of reduction: youth, family time, human relationships, independence to be. She is her own most severe enemy as the voice in her mind pushes her to end up being perfect, thin, and beautiful. She is hospitalized and institutionalized several times, but nothing at all would end her on her destructive quest to perfection. After a tragic event prospects her into an even deeper, darker unpredictable manner, she decides to finally look for treatment. I would certainly recommend this to a person with an eating disorder. My heart goes out to all afflicted with this disease. I can only imagine how challenging that time in her life will need to have been and appreciate her open up honesty in her memoir. It was an excellent read and I recommend it to adults looking for a good nonfiction book. Profound I don't have problems with an ED, but I've suffered from panic & can relate to parts of this reserve. It's an AMAZING book, story, read. I can't also imagine how hard this is on her behalf parents and sister to cope with. A fantastic read I've suffered from an eating disorder for 6 years now, and I must say i felt a connection to the writer through her writing. Amazing book. I came across this to become a very interesting tale filled up with astute analogies and metaphors that color a precise picture of what it feels like to live with, and recover from, an eating disorder. Just what a ride! I highly recommend checking this one out.!! It was really great to learn a book in regards to a fellow sufferer's journey that stayed focused on her journey to getting well, as opposed to the moments that held her in her illness. I've never handled anorexia of any type, never known anyone personally who has it, but Elena (and her mother) certainly did an amazing job of providing the reader a better understanding. I really enjoyed reading about Elena's struggles and how it affected not merely her, but the individuals who surround her as well. I experienced to skim through much of it to just finish the publication. I got to skim through a lot of it ... I'm in the minority, but I found the character self absorbed and the publication repetitive and boring, but I found the type personal absorbed and the book repetitive and boring. Deep and personal I loved this reserve. Elena was such an interesting personality for me pretty sure the author is racist its excellent but upon 2nd

reading its really obvious that the writer is certainly racist and it ruined the publication for me :/ Great for those trying to comprehend I think what I came across most remarkable concerning this book was the very reasonable, authoritarian, "perfectionistic" meanness of Elena's "ED tone of voice. It gives desire to the struggles that include those disorders. This strike the nail on the top, despite the fact that I am almost twice Elena's age. Drew me in immediately.. But become warned it could be pretty triggering! I admire the author so much for under no circumstances once mentioning her excess weight! Well written. Readers follow Elena's trip with her consuming disorder from senior high school to university and after. I desire anyone who is coping with body image problems, self-esteem complications, anorexia, or bulimia to learn this. it is rather relatable if you ask me as I have problems with anorexia as well, which book is an extremely good and realistic portrayal It was also thus super hard to read This book was an extremely interesting read. As someone who majored in psychology in undergrad, this reserve was fascinating to learn. As someone who struggles with self-harm and depression, this publication was hard to read at times. Elena Vanishing is a memoir written by Elena Dunkle and her mother Clare. This book doesn't just concentrate on the "oh I got help... I'm better" thing, but focuses on how hard it was to locate a treatment middle that was actually helpful, how hard it was to realize she in fact needed help, how close she was to losing everything. It was one of the most reasonable anorexia stories I have ever go through. But after chapter one, I began to enjoy it. It doesn't sugarcoat the condition, and it generally does not glorify it. You can also find pics of her on her behalf website. I'm so happy I read this publication.. Result in Warnings: Anorexia, Purging, Self-Harm, Miscarriage, Rape



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