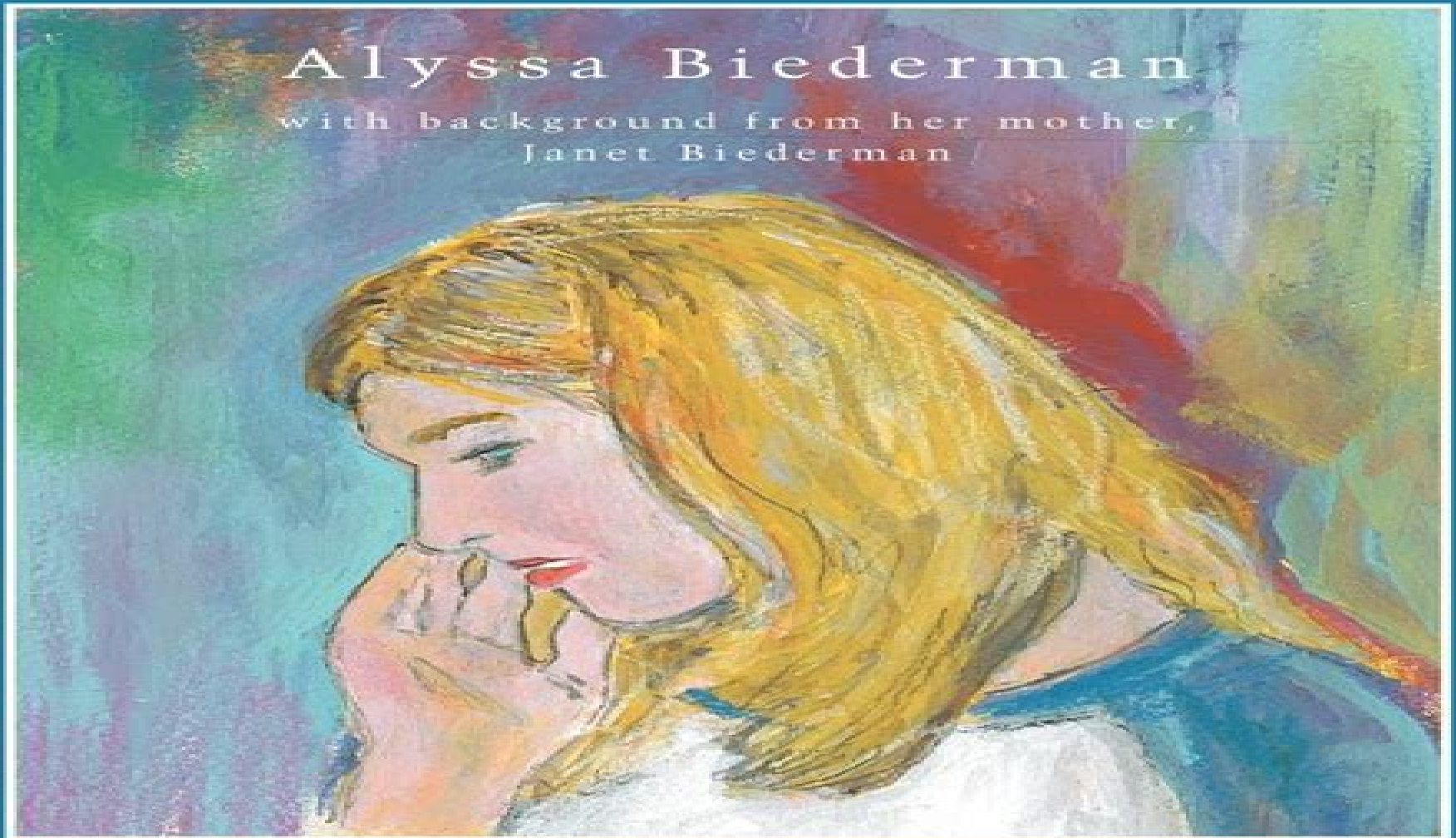


A PERSONAL JOURNEY
THROUGH TEENAGE ANOREXIA
MY RORY

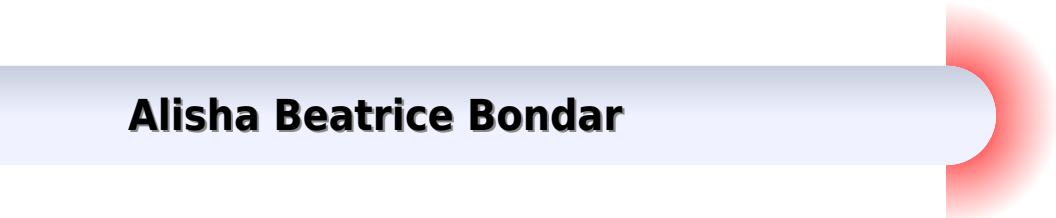
Alyssa Biederman

with background from her mother,
Janet Biederman



My Rory A Personal Journey Through Teenage Anorexia

Alisha Beatrice Bondar



My Rory A Personal Journey Through Teenage Anorexia:

My Rory Alyssa Biederman, 2005 I keep trying to remind myself that a number on a scale doesn't make up who I am My weight shouldn't control my mind but it does I wish everything about this eating disorder would just end but I fear that in many ways it never will Alyssa Biederman's compelling journey through anorexia began her junior year in high school From the outside looking in she appeared to have it all Raised in an affluent community Alyssa was involved in both her community and school She was an honor roll student on the school newspaper staff and four year varsity letter winner in tennis Yet despite her picture perfect life this natural beauty was unable to see herself the way others did What started as a quest to lose a couple pounds soon became a dangerous obsession Alyssa's emotional struggle with anorexia is revealed in the personal journal she affectionately refers to as *My Rory* Named after the friend she pushed away while battling to find herself this journal is a heart wrenching account of the confused inner mind of a teenage eating disorder victim This story is a must read for anyone suffering from an eating disorder and their family and friends wishing to understand and support them *My Rory* captures a rare glimpse of the inner feelings and thoughts of both an anorexic and her family as they battle toward recovery

Bridging the Gap Lesley Roessing, 2014-07-30 One of the most popular literary genres memoir can provide literary and literacy access to reluctant adolescent readers and writers and help bridge the achievement gap by motivating students to read more critically and write more meaningfully about what matters most to them The introspective nature of memoir helps students learn about themselves and connect with their environment or community while also meeting a variety of Common Core standards In this way memoirs and creative nonfiction can provide a bridge between fiction and nonfiction reading narrative and informative writing reading and writing and can afford a way in to literacy for all adolescents Special features of the book examples of multiple mentor texts in each chapter teacher examples with think aloud exercises a variety of student samples from diverse learners activities to engage all learners an appendix of teacher resources a reference list of over 150 full length memoirs for grades 5-12 for whole class book club or independent reading a list of writing resources for students and teachers 12 full size reproducible materials for teacher and student use a variety of reading writing speaking and listening strategies and activities across disciplines applications and adaptations for diverse learners daily writing focus lessons in gradual release responsibility format Common Core State Standard connections at the end of each chapter

No More "Us" and "Them" Lesley Roessing, 2012-06-07 It is imperative that teachers build community in their classrooms and across their academic teams and grades in order to make school a safe and supportive place for adolescents Teachers must help their students acknowledge that they belong to a group together that they are part of a we or us and that any differences divergent talents backgrounds experiences cultures and skills only make us stronger and better No More Us and Them delineates what steps educators can take to create an atmosphere where adolescent students feel accepted included and valuable to themselves and to their peers The goal of this book is to change adolescent

attitudes to lead to not just acceptance and tolerance but toward an expansion of us and respect for their classmates that will serve to spread an even wider net of respect This book provides ideas for lessons and activities that can be integrated into existing curricula and that meet a variety of content area standards in language arts social studies science mathematics foreign languages physical education art and music while also proposing ideas for advisory or homeroom periods and class team and grade gatherings to build respect in our classrooms our schools and our communities Anorexie, boulimie et société Laurence Godin, 2016-09-21 T00:00:00-04:00 L anorexie et la boulimie sont des ph nom nes sociaux mais aussi des exp riences intimes uniques pour chacune de celles qui en souffrent Par l examen de discours scientifiques qui visent comprendre le caract re social de ces troubles alimentaires l auteure pr sente les diverses conceptions de l individu et de son rapport la soci t qui organisent la mani re dont on comprend l anorexie et la boulimie Elle explore la relation entre le corps et la sant mentale ainsi que la place des motions et des sensations dans la soci t *The Guardian Index* ,1999 Video Source Book ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *Chicago Tribune Index* ,2002 Books Ireland ,1995 **Starving** Christie Pettit, 2003 Christie Pettit developed anorexia during her first year of college Here she writes about her battle with anorexia drawing from journals she kept during this time Eating with Your Anorexic Laura Collins, 2004-12-15 A source of hope and valuable information for parents of children with eating disorders This poignant and informative narrative relates how one mother rescued her daughter from the experts and treated the girl s life threatening anorexia using a controversial approach Known as the Maudsley Approach this home based family centered therapy developed in Great Britain in the 1980s has been receiving a lot of press here over the past few years While it has been widely used in Europe for many years and is rapidly gaining acceptance among parents and within the pediatric and child psychiatric communities in the United States until now there were no popular books on the subject Must reading for parents of children with eating disorders Eating with Your Anorexic is The first popular book on an increasingly popular approach to curing eating disorders A source of practical information and guidance for parents of children with eating disorders An eloquent narrative filled with pathos that inspires empowers and informs *When Your Teen Has an Eating Disorder* Lauren Muhlheim, 2018-09-01 If your teen has an eating disorder such as anorexia bulimia or binge eating you may feel helpless worried or uncertain about how you can best support them That s why you need real proven effective strategies you can use right away Whether used in conjunction with treatment or on its own this book offers an evidence based approach you can use now to help your teen make healthy choices and stay well in body and mind When Your Teen Has an Eating Disorder will empower you to help your teen using a unique family based treatment FBT approach With this guide you ll learn to respectfully and lovingly oversee your teen s nutritional rehabilitation which includes helping to normalize eating behaviors managing meals expanding food flexibility teaching independent and intuitive eating habits and using coping

strategies and recovery skills to prevent relapse In addition to helping parents and caregivers this book is a wonderful resource for mental health professionals teachers counselors and coaches who work with parents of and teens with eating disorders It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment As a parent feeding your child is a fundamental act of love it has been from the start However when a child is affected by an eating disorder parents often lose confidence in performing this basic task This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal Unpack Your Eating Disorder Linsey Atkins, Maria Ganci, 2019-07-17 An invaluable resource for adolescents suffering from anorexia nervosa There are few things more difficult for an adolescent than battling Anorexia Nervosa AN While family caregivers and friends can support them to eat and recover psychological recovery is a solitary journey clouded by fear and uncertainty where they are overwhelmed by feelings of guilt shame and disgust about who they are and how they look This book has been written specifically for the adolescents who are on this terrible journey The authors promote the view that adolescents deserve to be fully involved in their treatment to be heard and to be given a voice to tell their story It is through being understood by others that they can then understand themselves and make progress on their journey to recovery This book emphasizes the crucial need for adolescents to develop a deep sense of who they are and an awareness of the many valuable resources which they can draw upon despite their internal conviction that they have none Every aspect of AN is addressed with a focus on helping adolescents understand that they do not need the illness to function It helps them explore ways to stand up to AN instead of being captive to the illness and provides multiple methods for overcoming significant obstacles that AN puts in their way Most importantly it outlines a framework of psychological support for adolescents during the recovery process The information in the book is based on the latest evidence and the authors combined clinical expertise over many years of working with adolescents and listening to their needs This book is also a valuable resource for parents to help them understand and support their child as well as an indispensable guide for clinicians working in the field as it provides several effective treatment strategies focusing on adolescents About the Authors Maria Ganci is a Registered Clinical Mental Health Social Worker and Child and Adolescent Psychoanalytical Psychotherapist Maria has over 30 years experience working with families children and adolescents in Mental Health Services She has devoted the past 15 years to treating children and adolescents with Eating Disorders Maria is the Co Director of APT Therapeutic Solutions Pty Ltd and runs a successful private practice providing training supervision and consultation both nationally and internationally in the treatment of eating disorders Maria is the author of *Survive FBT Skills Manual for Parents Undertaking Family Based Treatment FBT for Child and Adolescent Anorexia Nervosa* Dr Linsey Atkins is a Registered Clinical Psychologist with 15 years experience providing child adolescent parent and family therapy for eating disorders Praise for *Unpack Your Eating Disorder* *Unpack Your Eating Disorder* is a brilliant resource for parents caregivers clinicians and most importantly the adolescents themselves who are experiencing the anorexia It is the missing

link in anorexia treatment today It gives the adolescent a voice understanding and validation while providing critical and practical information about what is going on in the brain and why reactions and perceptions are not always as they seem Reading this book in conjunction with the journal will no doubt help guide many struggling teenagers to have a better understanding of what is going on and help teach them to develop a healthier view of self as they work toward their recovery Highly recommended Christine Naismith Parent Eating Disorders Families Australia EDFA edfa org au

Opening the Door Meredith O'Brien, 2022-07-26 Meredith is not good enough She is always searching for something outside of herself to make her whole She escapes into her obsession with body weight and shape Her mind constantly races Is her stomach flat enough Everyone is looking at her judging She cannot eat for the rest of the day Inside she is empty Meredith has suffered from anorexia since the age of thirteen and at the age of thirty five she entered a partial hospitalization program Now fully recovered Meredith shares her honest complicated and at times heart wrenching recovery journey to give hope to those who are suffering If you have that little glimmer of hope underneath all the pain of your eating disorder this book is for you Anorexia brings me down controls me suffocates me consumes me It zaps away any small piece of joy or happiness or sense of worth I have these rare occasions where I think There must be more I want more I deserve more I have a brief surge of energy to conquer this disease and think that my whole life is going to change for the better and then seconds later I feel fat and disgusting and the anxiety within me is nearly impossible to tolerate The disease wins but Meredith continues to fight and reaches full recovery A brand new chapter of her life begins

Parenting a Child with Anorexia Nervosa Alisha Beatrice Bondar, Parenting a Child with Anorexia Nervosa The Journey Through Fear to Hope A Mother's Story of Resilience and Recovery Parenting a Child with Anorexia Nervosa The Journey Through Fear to Hope A Mother's Story of Resilience and Recovery is a powerful poignant and illuminating narrative that intertwines medical knowledge with the raw emotion of a mother's journey through her child's eating disorder Authored by a mother who has lived through the experience of supporting a child with anorexia nervosa this book serves as a beacon of hope courage and understanding for countless families grappling with this daunting disorder The book unfolds as a riveting narrative chronicling the author's initial discovery of her daughter Emily's condition the tumultuous waves of denial fear guilt and eventual acceptance Through vivid descriptions and heartfelt musings readers witness the daunting challenges painful setbacks and small but significant victories that punctuate this harrowing journey From the initial fear and confusion that accompanies the diagnosis to the evolving struggle to understand and help Emily combat her anorexia the book offers an honest unflinching portrayal of a family's fight against this disorder The narrative vividly underscores the multi faceted and pervasive impact of anorexia not only on Emily's life but also on the family as a whole But the book goes beyond mere explanation It delves deep into the emotional turmoil experienced by both the individual struggling with anorexia and their loved ones This exploration of the human side of the disorder the fear guilt and feelings of helplessness experienced by parents is where the book truly shines

offering readers not just information but empathy and connection In the practical sections of the book the author outlines various treatment approaches from medical interventions and nutritional counseling to psychotherapy The description of each treatment is comprehensive and grounded in the latest scientific evidence However the author s personal insights observations and experiences bring an additional layer of depth and relatability making these chapters not just educational but profoundly inspiring The book also emphasizes the importance of open communication empathy and unconditional love in supporting a child with anorexia The author offers concrete tips and strategies on starting difficult conversations creating a non judgmental space and celebrating small victories This practical advice is underscored by her personal experiences adding a sense of realism and credibility

Parenting a Child with Anorexia Nervosa The Journey Through Fear to Hope A Mother s Story of Resilience and Recovery is not only about the struggles but also about the strength resilience and unwavering hope that can emerge in the face of adversity It offers an intimate look into a family s journey through anorexia detailing their experiences with treatment resistance relapses and finally recovery The author s reflection on her journey her acceptance of the ongoing challenges and her unwavering commitment to her daughter s recovery and her family s wellbeing bring the book to an empowering conclusion The narrative is a testament to the power of love resilience and the human spirit in the face of adversity It is a beacon of hope for all those walking a similar path

Parenting a Child with Anorexia Nervosa is not merely a book but a lifeline for families grappling with eating disorders With its unique combination of personal narrative clinical insights practical advice and invaluable resources it offers solace understanding and guidance in a time of confusion and fear This journey through the author s personal experience with her daughter s illness provides an intimate look into the trials tribulations and triumphs associated with battling anorexia nervosa

Stick Figure Lori Gottlieb, 2001-04-01 A Los Angeles Times and Washington Post bestseller and winner of several awards including the American Library Association s Best Books Borders Original New Voice and an Alternate Selection of the Book of the Month Club and Quality Paperback Book Club Have you ever focused too much on weight and food Do you have trouble understanding the mindset of a friend or family member struggling with an eating disorder *Stick Figure* takes you on a personal journey through preteen anorexia and into the internal and cultural dynamics that shape it This memoir is required reading in many middle and high schools across the country and is also used by eating disorder treatment centers for those in recovery

Life Hurts Elizabeth McNaught, 2017 Lizzie McNaught was diagnosed with Anorexia at the age of 14 However through professional help the support of her loving family and her faith she somehow found the hope and strength to overcome *Life Hurts* tells her story reflecting on it from her perspective as a doctor

Diaries of an Anorexic Athina Crilley, 2020-09-09 *Diaries of an Anorexic* is a powerful and intimate recovery story detailing the author s seven year rollercoaster battle with Anorexia Nervosa a devastating eating disorder In this heart wrenching memoir she shares private diary entries from her darkest times and shows how Anorexia took hold of her during her teenage years and kept her tightly in its clutches until early adulthood While

she does not shy away from the harsh reality of eating disorders the daily routines and protocols of being hospitalised and almost succumbing to being sectioned under the mental health act she also hopes this book will aid the recovery of others Everybody's struggle is unique and personal but there are often similarities between individuals diagnosed with Anorexia Nervosa Athina encourages any sufferers to work towards recovery and to realise that recovery is possible through making small consistent changes and building a strong support network Read this emotional story about Athina's recovery from an eating disorder an illness from which she never thought she would never be free Remember that blue skies are coming the dark clouds will soon disappear leaving a clear blue sky

Voluntary Starvation Jane Wood, 2011-09-07 At age 45 I found myself inhabiting the bizarre world of anorexia nervosa So begins Jane Wood's journey through illness and recovery This is a personal account but in its intent and authenticity is a transpersonal story with a complex human message about family parenting anorexia autism creative expression and heredity excellent blend of the intellectual and emotional This work could have a number of audiences professionals in the fields of autism addictions eating disorders and family counseling patients in programs and anyone looking for familiar or helpful stories with which to relate or to learn from Michael Kenyon author The Beautiful Children 2009

THE REAL SKINNY ON MY ANOREXIA Erin K. Garcia, 2016-11-10 It's famously difficult to get inside the head of an anorexic In order to offer her testimony she has to open up to a rare degree fearlessly overcoming the shame guilt and self hatred that fuel her deadly disease Miraculously this is exactly what Erin Garcia does in The Real Skinny On My Anorexia A Journey to Fullness With The Healer of Life This extraordinary memoir reads like a thriller as Erin's family becomes more and more the ideal breeding ground for anorexia She comes to within a hair's breath of dying with diary shockers like 85 lbs 10 more to go Never mincing words with courageous testimony from other anorexics who were equally close to death this author spares no unnerving details as she lets us into the anorexic's secret world The anorexic ideal would be to just dwindle down to become as close to invisible as possible Soon the Tyrant Within takes over leading to life threatening behavior We die by our own agonizing form of suicide This revealing faith filled book powerful in its candor and its caveats has never been more needed In these pages are Erin's message of hope and deliverance Sharing her inspiring journey along with provocative discussion questions she provides an invaluable tool for those suffering with an eating disorder and those who support them Read and be well equipped lives are hanging in the balance Erin is a trophy of God's Grace It's a miracle that she has lived to tell her story Terry Ewing author of Stickman Theology founder of Plumbline Ministries The most powerful personal development and success books are those in which an individual is willing to share their own challenges and triumphs to give the reader a path toward their own goals Erin has given us all that kind of gift through this book Jim Stovall Bestselling author The Ultimate Gift There is HOPE and true recovery from an eating disorder and you will find that in these pages As an Eating Disorder Specialist for over 30 years I know the importance of the whole person approach for life long recovery The Hope in these pages is for both the sufferer and the loved ones who need to know

there is a way out Dr Gregory Jantz Founder of The Center A Place of HOPE The Anorexia Diaries Linda Rio,Tara Rio,2003-07-18 Last night I asked my mom some questions about bulimia and anorexia I thought for sure she would know what I was doing to myself How could a mother not know the terrible things her daughter was doing Tara seems fine these last few days The questions she asked me the other night scared me But now I think she s just curious Maybe one of her friends is having a problem with something Mother and daughter living in the same house yet at times it seems as though they are on different planets Tara growing obsessive about the way she looks feels her mom no longer understands her Linda while concerned about the changes her teenage daughter is going through is focused on making a career for herself as a family therapist Neither knows how to reverse the terrible path that Tara is heading down Tara s and Linda s side by side diaries of this difficult time only shared with each other years later show both sides of their maddening ordeal and inspiring victory to keep their family together In addition to sharing their actual diaries Tara and Linda look back on the drama of those years to offer the wisdom and perspective that can only come with hindsight Craig Johnson Ph D an international leader in the research and treatment of eating disorders offers useful advice and fascinating commentary on the Rios story to inform today s families who may be going through similar situations

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