

## Brave Girl Eating A Familys Struggle With Anorexia

A childless mother faces the hollowing pain of recurrent pregnancy loss and overwhelming disappointment. When her faith plummeted along with the statistics of ever having a child, she refused to accept defeat. Deep within her soul was an undying dream of nurturing children that compelled her to make it a reality. Journey with Tanika, as she goes from the warm memories of her grandmother's house to the bitter cold of the mortuary in her quest to have a family. You will be captivated by the depth of love that arises from the ashes of pain. You will experience her tears of despair. You will jubilantly celebrate the promise of new beginnings and accompany Tanika in mourning painful endings. Most importantly, you will be encouraged to live after the pain of loss and to love without restraint. Building A Family Breaks My Heart will touch your heart, whether you have or have not experienced the unspeakable pain of miscarriage, pregnancy loss, or stillbirth.

Brave Girl Eating A Family's Struggle with Anorexia Harper Collins

-Parents and loved ones of those with an eating disorder can find much information, hope and understanding in Ms. Foster's book, but above all, they can find that they are not alone. Ms. Foster details her anguish through Jenna's sudden sickness, her weight loss, her hospitalizations ... From questioning oneself, to negotiating treatments, to feeling helpless, to realizing the importance of self-care, Ms. Foster handled the challenges with exquisite love and dedication to her daughter. Her book is going to be a valuable resource for parents and loved ones of people with eating disorders.- - Erla Leon, Ph.D. Assistant Clinical Director, Shoreline Center for Eating Disorder Treatment - Satori House

Morgan Menzie takes readers through a harrowing but ultimately hopeful and inspiring account of her eating disorder. Her amazing story is told through the journals she kept during her daily struggle with this addiction and disease. Her triumphs and tragedies all unfold together in this beautiful story of God's grace. Features include: daily eating schedule, journal entries, prayers to God, poems, and what she wished she knew at the time. It's the true story of victory over a disease that is killing America's youth.

Mike is a fourteen year old girl with a difficult past. For years she has rejected God because of the abuse she suffered at the hand of her mother following her father's disappearance. After being tossed out of the only home she's ever known, she finds herself wandering into a church in New Jersey and forming a bond with the pastor's family. She continues to hold the entire world at arm's length until the truth of God's love begins to sink into her heart. Will she find that God is who she truly needs or will the guilt and shame of the past keep them apart? Can she ever find the strength to forgive her mother? Or herself?

Skills-based Learning for Caring for a Loved One with an Eating Disorder equips carers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery. Through a coordinated approach, this book offers information alongside detailed techniques and strategies, which aim to improve professionals' and home carers' ability to build continuity and consistency of support for their loved ones. The authors use evidence-based research and personal experience, as well as practical support skills, to advise the reader on a number of difficult areas in caring for someone with an eating disorder. These include: working towards positive change through good communications skills developing problem solving skills building resilience managing difficult behaviour. This book is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder. It will enable the reader to use the skills, information and insight gained to help change eating

disorder symptoms.

A Brave, True Story is a heartfelt and inspiring memoir that reveals how it is possible to heal from a painful past and live with passion, purpose and fulfillment. It provides an insightful exploration into the world of relationships, emotions and recovering from dark experiences of the past. Natalie Jovanic is a successful relationship coach and trainer, but her past hasn't always been so rosy. As a young child, she was not supported or protected and as a result, grew into a woman who, in her own words, had abandoned herself. She entered into unhealthy relationships that she considered to be normal and didn't expect anything better. Then, a trip to Thailand opened her eyes about the negativity of her relationships and she began to follow her inner voice. By recognizing the destructive patterns, Natalie cleared them out through different healing methods and replaced them with healthy ones. This empowers her to say no to unhealthy relationships and changed the course of her life into fulfillment. She recovered her deep love for herself and was finally able to put painful emotions from the past to rest, for good. The memoir is delicately built around reconstructed dialogue and incidents. Natalie successfully recreates her inner monologues and gives clear images about her inner process. A Brave True Story is Natalie's deeply personal account of her journey from the darkness of her past to her current life, which is full of happiness, hope and possibilities. It is the story of a woman who dreamed of being healed and whole and she triumphed. Reviews: This true and inspiring story of sadness and joy, disappointment and happiness, will touch your heart and help you to release your full potential for living. Brain Tracy, Author of 'No Excuses' [A] delicate memoir about a woman's path to healing the darkness of violence and suffering. [The author's] utter simplicity and directness her impeccable inner child's innocence win our trust as she shines her gentle steady light through the scary woods to open roads and unexpected opportunity. R. S. Evans, human ecologist, author of RICE (2014) If you loved Angela's Ashes, you'll love and be incredibly moved by A Brave, True Story. John Kremer, author of 1001 Ways to Market Your Books A Brave, True Story is an inspiring gift. Natalie, through the beauty of her words and infinite bravery, will take you on a journey of profound healing and self discovery. Remembering over and over that every moment is a gift, despite the wrap around it. Enjoy it! Maria T. Febreiro, life and business coach

I have bought so many books, but what I like about yours is that it offers something different. It's like no other book that I read. Typically, we have the 'clinical books' and then the books written by the sufferers detailing their experiences. But the experiences, stories and tips from the parents were wonderful. You were able to weave your research with the experiences and stories. Your research information was not overwhelming - just enough. The stories were great!. Book jacket.

Michelle Stewart always knew in her heart that her eating disorder would kill her. What she didn't expect in its early stages was that she would continue to function - albeit far from optimally - for decades before succumbing to its deadly effects. A conscientious and ambitious woman driven by a desire to make a positive difference in the world, Michelle went on to build a successful career first in journalism and then in communications for the British Columbia Ministry of Health. Michelle devoted her working life to raising awareness of healthcare issues, all the while hiding her own anorexia and bulimia from friends and colleagues. By the time she was 48 years old, more than thirty years of self-imposed starvation, bingeing and purging had ravaged her organs. In May 2013 she was diagnosed with end-stage renal failure and given only a few months to live. Determined to come out of the shadows and share her story while she still had the

chance, Michelle began writing a very personal and revealing blog in which she chronicled her lifelong struggle with her eating disorder and her experiences as a palliative patient within the very same healthcare system in which she had performed her life's work. "I have had a 32 year dress rehearsal for the fate I now face," she writes. This memoir is a collection of the most poignant pieces of writing from that blog, supplemented with previously unpublished pieces of original poetry from the author. Michelle Stewart's book stands out against other eating disorder memoirs in several ways. As a middle aged longtime sufferer, she belies the notion that eating disorders only affect the young - or that victims tend to either recover or perish early. According to experts featured in the foreword, medical practitioners who treat patients with eating disorders are seeing rising numbers of long-term sufferers like Michelle. These tend to be high-functioning individuals who keep their disorder underground for years while their bodies slowly disintegrate. Michelle's advanced years give her a valuable and rare perspective on a widespread mental health problem. Second, through her years spent in healthcare advocacy and communications, Michelle developed well informed insight into issues around medical services and the relationships between healthcare providers and their patients, including palliative patients. In her book, Michelle shares her personal views on disease-specific funding, patient care and the right-to-die movement, making a valuable contribution to the public conversation. Finally, the book is a deeply engaging and compelling tale of terminal illness progression that follows one woman from diagnosis to death. Anyone who has been touched by life-limiting illness in their own experience or in their family will be moved by this account of the palliative care journey told from the patient's perspective.

The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." —Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., *Life Without Ed* provides hope to the millions of people plagued by eating disorders. Beginning with Jenni's "divorce" from Ed, this supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than *Life Without Ed*. Those suffering have found connection and hope, family members have

found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come." —Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of *Spiritual Approaches in the Treatment of Women with Eating Disorders* "[Life Without Ed] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it." —Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital "This uplifting book's intimate inner dialogue has energized countless young women—and men—in their own recoveries from eating disorders." —Leigh Cohn, MAT, CEDS, coauthor of *Making Weight: Men's Conflicts with Food, Weight, Shape & Recovery* "Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to know her and her story." —Jamie-Lynn Sigler, actress

If your teenager shows signs of having an eating disorder, you may hope that, with the right mix of love, encouragement, and parental authority, he or she will just "snap out of it." If only it were that simple. To make matters worse, certain treatments assume you've somehow contributed to the problem and prohibit you from taking an active role. But as you watch your own teen struggle with a life-threatening illness, every fiber of your being tells you there must be some part you can play in restoring your child's health. In *Help Your Teenager Beat an Eating Disorder*, James Lock and Daniel Le Grange--two of the nation's top experts on the treatment of eating disorders--present compelling evidence that your involvement as a parent is critical. In fact, it may be the key to conquering your child's illness. *Help Your Teenager Beat an Eating Disorder* provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life-sustaining attitudes, day by day, meal by meal. Full recovery takes time, and relapse is common. But whether your child has already entered treatment or you're beginning to suspect there is a problem, the time to act is now. This book shows how.

Millions of families are affected by eating disorders, which usually strike young women between the ages of fourteen and twenty. But current medical practice ties these families' hands when it comes to helping their children recover. Conventional medical wisdom dictates separating the patient from the family and insists that 'it's not about the food', even as a family watches a child waste away before their eyes. In *BRAVE GIRL EATING* Harriet Brown describes how her family, with the support of an open-minded paediatrician and a therapist, helped her daughter recover from anorexia

using a family-based treatment developed at the Maudsley Hospital in London. Chronicling her daughter Kitty's illness from the earliest warning signs, through its terrifying progression, and on toward recovery, Brown takes us on one family's journey into the world of anorexia nervosa, where starvation threatened her daughter's body and mind. BRAVE GIRL EATING is essential reading for families and professionals alike, a guiding light for anyone who's coping with this devastating disease.

Decoding Anorexia is the first and only book to explain anorexia nervosa from a biological point of view. Its clear, user-friendly descriptions of the genetics and neuroscience behind the disorder is paired with first person descriptions and personal narratives of what biological differences mean to sufferers. Author Carrie Arnold, a trained scientist, science writer, and past sufferer of anorexia, speaks with clinicians, researchers, parents, other family members, and sufferers about the factors that make one vulnerable to anorexia, the neurochemistry behind the call of starvation, and why it's so hard to leave anorexia behind. She also addresses:

- How environment is still important and influences behaviors
- The characteristics of people at high risk for developing anorexia nervosa
- Why anorexics find starvation "rewarding"
- Why denial is such a salient feature, and how sufferers can overcome it

Carrie also includes interviews with key figures in the field who explain their work and how it contributes to our understanding of anorexia. Long thought to be a psychosocial disease of fickle teens, this book alters the way anorexia is understood and treated and gives patients, their doctors, and their family members hope.

Traces the origins and causes of this disease, shows how an innocent desire to lose a few pounds can manifest in life-threatening symptoms, and discusses the social and physiological forces that shape the illness.

An engagingly illustrated account of immigrant Clara Lemlich's pivotal role in the influential 1909 women laborer's strike describes how she worked grueling hours to acquire an education and support her family before organizing a massive walkout to protest the unfair working conditions in New York's garment district. 25,000 first printing.

Maggie Whitaker decides to forego college to work in her family-run jewelry shop. She becomes entangled with a mysterious John Doe.

This second edition updates the 1983 work ("a gem"—Booklist) with a wealth of new information. The author, a therapist and recovered anorexic, draws upon her own experience and extensive research to produce a comprehensive account of the symptoms, causes and treatments of anorexia nervosa. She illuminates the anorexic's paradox—self-annihilation in service of self-preservation—and the central task of recovery: development of a Self. The author addresses the origins and attributes of anorexia and accompanying disorders, the use and misuse of the Internet, and the concept of recovery. She addresses different therapies in detail, as well as therapies for families and interventions. A directory of organizations, a list of resources for information and

referral, a bibliography and index are included.

What do you do when someone you care about is hurting, when their behaviour is making it worse? How can you help them if you are the youngest and no one is listening? This book tackles the tough topic of eating disorders and how a family has to work together to help the big sister get better. Eva loves her big sister very much. Anna is clever and smart and fun. But one day Eva notices that her sister is starting to behave differently and that she seems unwell. Eva wants to help but doesn't know what to do. So she confides in her friend Jennie who helps her find a way to help her sister. A moving yet hopeful account of a family working together to help a loved one recover their health.

I've never had anorexia, but I know it well. I see it on the street, in the gaunt and sunken face, the bony chest, the spindly arms of an emaciated woman. I've come to recognize the flat look of despair, the hopelessness that follows, inevitably, from years of starvation. I think: That could have been my daughter. It wasn't. It's not. If I have anything to say about it, it won't be. In this emotionally resonant and compelling memoir, journalist and professor Harriet Brown takes readers—moment by moment, spoonful by spoonful—through her family's experience with the nightmare of anorexia. A guiding light for anyone touched by this devastating disease, *Brave Girl Eating* is essential reading for families and professionals alike.

Fulfilling a promise made to his mother when he was a child and she was losing her battle against cancer, Jacques Besnainou tells her story as a "hidden" child in France during World War II. He chronicles the struggles and survival of two families: his mother's and his mother-in-law's. Both lived through a terrifying ordeal provoked by the willful blindness of a government gone mad. And both were rescued thanks to the miraculous intervention of courageous people who listened to their conscience and challenged the established order, often at the expense of their own lives. In 1940, about 330,000 Jews lived in France, and three-quarters survived thanks to the exemplary altruism of ordinary French people. This book pays homage to them. Every story and location, as well as most of the dates and names, are true. Some details have been slightly romanticized to add texture and readability to this novelized history.

This is a book for anyone who has ever had trouble making sense of nutritional advice, been on a diet, or is sick and tired of being told what to eat. Tabitha Farrar became ill with anorexia at seventeen. She describes her ten year struggle with the disease and dispels many myths about eatings disorders. During her recovery, she felt bombarded with all sorts of conflicting advice on food and diet. An avid researcher, she became obsessed with nutritional science and "healthy" eating. Despite all the literature that informed her she was eating the right things, her body rebelled against her low-fat diet and ultra-healthy eating plans. Stuck in a battle between her head and her gut, who would have ever thought that she would learn to Love Fat.

In 2000, Peach Friedman, a college senior freshly broken up from her boyfriend, set out to beat the blues by beating herself into shape. Running ten miles a day and taking in as little as 800 calories, she fell from 146 pounds to 100 in three months and was at serious risk of cardiac arrest. What Friedman suffered from was exercise bulimia—a newly diagnosed and rapidly spreading eating disorder that affects some 400,000 American women, and which gyms and colleges across America are beginning to take

seriously. In *Diary of an Exercise Addict* Friedman recounts her descent into a life-threatening illness, her remarkable recovery, and the setbacks along the way. With refreshing candor she lays bare her relationships with family, friends, and lovers and the repressed desire that finally surfaced as she found her own way back to health.

This startlingly plainspoken and unflinching first-person account by the niece of fashion icon Ralph Lauren details a wrenching struggle with anorexia and bulimia -- and speaks powerfully to a widespread failure by the medical community to understand eating disorders. With captivating blue eyes and dark hair, Jenny Lauren looked as though she'd stepped out of one of the glossy ads for which her uncle is famous. It was not long, however, before Jenny found herself in a world where it was easy to see herself as less than perfect. As a young dancer, she felt insecure that her muscular frame did not seem to measure up to the slim figures of the other girls. She was ten years old when she first starved herself. Although there were brief periods of recovery, Jenny spent much of her teens and early twenties bingeing, purging, and compulsively exercising. In 1997, her body finally broke down after years of relentless ravaging; her small intestine herniated. She could barely walk. But physician after physician told Jenny her ailments were largely in her head. Eventually Jenny's condition was connected to her eating disorder and the resulting strain on her digestive system, but it was too late -- irreparable damage appeared to have been done. Although *Homesick* centers around Jenny's struggle with an eating disorder, as well as the dramatic surgery she was forced to undergo as a consequence, it is a much larger story that focuses on universal issues: the intricacies of family ties, the pressures of society, the search for selfhood, and ultimately, the power of finding hope. From the New York fashion shows to the art galleries of Santa Fe, from the Mayo Pain Management Clinic in Minnesota to the healing sanctuaries in Brazil, Jenny takes the reader on a cinematic odyssey to self-discovery. With flashes of wit and a knowing beyond its young writer's years, *Homesick* is a riveting and emotionally complex story of pain and tentative, hard-won recovery.

Explains the kind of communication problems that can happen between someone suffering from an eating disorder and their caretakers, physicians, and counselors.

In this moving and funny memoir that spans the six years following the author's purported recovery from anorexia, Dana Lise Shavin offers a candid and ultimately optimistic window into the mindset and machinations of a mental illness whose tentacles reached deep into her life, long after she was considered "cured." In 1981, Shavin graduated from college with a BA in Psychology. It had been a difficult venture that included an expulsion, a four-month institutionalization, and a multitude of transfers. By the time it was over, she was convinced she was cured, and that it was time to start curing others. "I'm ready," she told her parents, her therapist, and friends--all of whom shook their heads in horror at her 95-pound, 5'9" frame. Undaunted, she landed a job as a counselor in a halfway house for drug and alcohol addicts. If anyone knew what it took to become a happy, functioning adult, Shavin was convinced she was the one. As anyone would suspect, the burden of self-contempt, faulty logic, and interpersonal turmoil that are the character traits of depressive disorders and addictions do not miraculously disappear once medication and therapy have taken effect. Where, then, do these dangerous obsessions, such as the wish for obliteration (which

often co-exists with the wish for immortality), go once a person sets foot on the road to recovery? For Shavin, they lived beneath the radar of her supposed new-found health, disguising themselves in the falling-down houses she happily moved into and the dangerous neighborhoods she somehow didn't fear. They announced themselves in the deeply flawed men she professed to adore, the food rituals she thought were normal, the ordinary sex she could not have, and, most profoundly, her inability to acknowledge her father's illness and encroaching death. While many writers have written candidly and eloquently about their struggles with depression, addictions, and eating disorders, those stories usually conclude once there is progress toward recovery. Beyond recovery—whether from addiction, illness, the death of a loved one, or divorce—there is another story, one that is about how we re-join the world, and, in the living years that follow the darkness, pursue a life that is creative, engaged, and deeply felt in one's body.

One out of every one hundred young women is anorexic. Four out of every one hundred are bulimic. Overall, research suggests that eight million Americans—men and women—have an eating disorder. Yet in the face of these startling statistics, parents do not have a clear understanding of how to help their child overcome an eating disorder. In *Conquering Eating Disorders*, Susan Cooper, a licensed psychologist and group psychotherapist, and Peggy Norton, a dietician with thirty years of experience, bridge the gap between the statistics and the real-life issues to help teens and parents gain the communication skills necessary to support the healing process. Parents need to know that only in *Conquering Eating Disorders* will you hear directly from teens struggling with eating disorders and get expert advice on how to interpret and respond to what your teen is saying—even when they're not talking.

Actress, singer, and mother Hilary Duff offers a beautiful and inspiring picture book about bravery and love. The world is big, my little brave girl. It's all here for you. A poetic text encourages girls to reach higher, dream bigger, and approach the world with their hearts wide open. This love letter to little girls was inspired by Hilary Duff's own experience as a mother as she considered all the ways her daughter had to be brave even as an infant. With lush illustrations and an empowering message, *My Little Brave Girl* is the perfect gift for baby showers, birthdays, Mother's Day, graduation, and any time a girl—or woman—is embarking on a new chapter of her life!

The story of an ordinary American family struggling to help their teenage daughter recover from anorexia using a family based therapy called the Maudsley Approach which was developed in the UK.

A riveting, provocative, and ultimately hopeful exploration of mother-daughter estrangement, woven with research and anecdotes, from an award-winning journalist. The day of her mother's funeral, Harriet Brown was five thousand miles away. To say that Harriet and her mother had a difficult relationship is a wild understatement; the older Harriet grew, the more estranged they became. By the time Harriet's mom died at age 76, they were out of contact. Yet Harriet felt her death deeply, embarking on an exploration of what family estrangement means—to those who cut off contact, to those who are estranged, to the friends and family members who are on the sidelines. *Shadow Daughter* tackles a subject we rarely discuss as a culture: family estrangements, especially



those between parents and adult children. Estrangements--between parents and children, siblings, multiple generations--are surprisingly common, and even families that aren't officially estranged often have some experience of deep conflicts. Estrangement is an issue that touches most people, one way or another, one that's still shrouded in secrecy, stigma, and shame. In addition to her personal narrative, Harriet employs interviews with others who are estranged, as well as the most recent research on family estrangement, for a brave exploration of this taboo topic. Ultimately, *Shadow Daughter* is a thoughtful, deeply researched, and provocative exploration of the ties that bind and break, forgiveness, reconciliation, and what family really means. "That Girl From the Dummy Line" is a first person account of growing up in severe poverty in the delta farm region of northeastern Arkansas in 50s and 60s in a tar-papered shack built on a dirt road known as the dummy line. The dummy line girl was the third of ten children born to an illiterate farmer and his wife, who didn't understand their daughter's love of education or her desire to go to college as she excelled in school. Indeed, they actively attempted to prevent her from leaving home to seek a college degree. The dummy line girl spent much of her childhood working in the cotton fields. Farm work and other chores took a toll on the dummy line girl's ability to stay on track with her studies and goals. Further complicating her life was a dysfunctional relationship with her parents and an abusive older sister. The local public school system became her refuge and provided her with the hope she needed in order to plan a better future for herself. This is a story about a girl who refused to accept the path given her by accident of birth - a girl who wanted more and believed she deserved more and was willing to work for it.

A science journalist's provocative exploration of how biology, psychology, media, and culture come together to shape our ongoing obsession with our bodies, while also tackling the myths and realities of the "obesity epidemic."

Offers the first new medical treatment plan in 50 years for anorexia based on nutritional deficiencies and the use of a simple brain test that can help psychiatrists select the best medication for each individual.

Usually, we have family portraits, snapshots, videos, movies and other pictorial displays of our relations. This book attempts to portray our family (near and dear, close and far) in words. There are also people who fit into our family not necessarily by blood but by heart, by shared experiences, by marriages and by lifetime associations. Sometimes our closest friends become "family." In this small volume, the author has attempted to bring a visual picture to the reader, sometimes by physical features and sometimes by the emotional bonds. Mitakuye Oyasin

A beautifully written and riveting look at anorexia from acclaimed author Laurie Halse Anderson. Cassie and Lia are best friends, and united in their quest to be thin. But when Cassie is found dead in a motel room, Lia must question whether she continues to lose weight, or choose life instead.

Some of today's leading women writers speak out on the subject of weight and the obsession with body image in a collection of essays that includes Caroline Leavitt's writings on eating and grief, Whitney Otto on having a mother who was a Weight Watchers lecturer, and works by Joyce Maynard, Laurie Notaro, Ann Hood, Kate Harding, and others. Original. 30,000 first printing.

Terrie and Doug Oxtal gave their lives to a dream. After over 35 years of marriage the result of their devotion to four children and

each other, life was perfect until the day they left the hospital with only their youngest son Andrew's jacket. The unspeakable grief that took over their lives is captured in letters written to Andrew where the love spills on to every page. The journey is there, the love is there, the sense of loss is there between the lines of shock and pain, with a true understanding of compassion. The Oxtal family knows Andrew has gone home, and they live with him in their hearts, until they meet again. For those who have suffered the loss of a child, this mother's letters will take you to a place so familiar they won't make you feel alone. For those who have not lost a child, this book will take you to a place where love is all that matters.

When a child develops anorexia nervosa, parents often don't know where to turn for help. My Kid Is Back offers hope and encouragement for parents in fighting this eating disorder. Based on the Maudsley Approach, a successful family-based treatment, this book gives parents techniques for taking charge of the illness and helping their child move on with their lives. This is a practical guide that provides a fuller understanding of anorexia nervosa and information about where to go for help. It also features the stories of ten families who describe how they coped and the journeys they have made in beating the illness.

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.

Acclaim: "The language is understated, but quietly beautiful, and I find myself invested in Jabonkah as she's portrayed on the page, not only because of what happens to her, but because of her view of the world, sometimes sweet and sometimes shrewd, and always strong." Rebecca, agent "The story is compelling and the writing is extremely strong—some of the metaphors are wonderfully original. Moreover, the author manages to capture the child's voice perfectly." Valerie, professor Description:

Jabonkah Sackey's only desire in life was to be like her mother and to be left alone. However, being born deep in the African bush in 1948, her desires didn't really matter. Cursed with an abusive father, Jabonkah was saddled with the plans he had for her. Instead of being a "stupid bush woman" like her mother, she was going to learn to obey. But after repeatedly disappointing and rebelling against her father, he sets forth on a rampage targeting her mother and nearly beats her to death. After stepping in to

save her mother and scalding her father with boiling water in the skirmish, Jabonkah's fate is unfortunately sealed. She is sent to the Society as punishment, where women from her own tribe perform the ritual of female circumcision. Six weeks later, Jabonkah returns home to the continued beatings until she is eventually disowned and sent away to live with a missionary by the name of Mother Stevens. Unfortunately, it's with Mother Stevens that her real struggle begins. Will Jabonkah escape the oppression and misery that is ruling her life, or will she succumb to her depression? Set against the harsh setting of mid-century Africa, *Driving the Birds* takes readers on a journey from small villages in Liberia to African missions, and eventually the United States. With this particular backdrop, Jabonkah's story brings many issues to light that affect countless women around the world. By documenting the horrible genital mutilation that she suffers in detail, *Driving the Birds* aims to bring about further awareness to an issue that is still prevalent today. Though the subject matter can be intense and discouraging at times, Jabonkah uses her faith and an uncommon personal resiliency to keep the story from setting into a despondent manner. With true personal freedom as her goal, Jabonkah is able to overcome numerous obstacles and a lifetime of hardships in route to achieving her dreams and ensuring her happiness. *Driving the Birds* by Russell Traughber is the uplifting true story of one woman's courageous journey from a small village in Liberia to the freedom that America offers. With unmistakable charm, unwavering determination, and a truly unique worldview, Jabonkah enthralls readers with each passing chapter. Her personal journey and repeated injustices are equal parts heartbreaking and infuriating. From repeated abuses at the hands of others and the subjection to female genital mutilation, Jabonkah's plight provides a window to the sufferings of less fortunate women around the world. However, where parts of her story enrage and discourage, it's her spirit and determination that ultimately leave readers feeling like they have taken part in Jabonkah's triumphs as well.

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