



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

Richard Maisel, David Epston, Ali Borden

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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 these deadly problems.

The authors' decade-and-a-half collaboration with 'insiders' has yielded fresh answers to these life and death questions: How does a/b seduce and terrorize girls and women? Why is a/b successful in encouraging girls and women to unwittingly embrace their would-be murderer? How can such a murderer be exposed and thwarted? This book details a unique way of thinking and speaking about anorexia/bulimia. By having conversations with insiders in which the problem is viewed as an external influence rather than a part of the person, these therapists show how to bring the tactics of a/b into the open, expose its deceptions, break its spell, and encourage defiance of its tyrannical rule. These innovations enable insiders, professionals, and loved ones to unite against anorexia/bulimia rather than allowing a/b to pit a professional or loved one against an insider, and the insider against herself. Coercion is sidestepped in favor of practices that are collaborative, accountable and spirit-nurturing. The groundbreaking discoveries outlined in this book will provide new options, inspiration and hope, not only for those who suffer at anorexia's hands, but also for their loved ones and healthcare professionals.

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