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# LIBR 262: Mini-expert Project by Melissa Gwynne

## Eating Disorder Resources for Young Adults

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LIBR 262

MINI-EXPERT PROJECT:

EATING DISORDER RESOURCES FOR YOUNG ADULTS

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It is estimated that more than eight million people in the United States suffer from eating disorders. Females make up 90 to 95 percent of the victims; males only 5 to 10 percent. Health professionals recognize three types of eating disorders:

- 1) ANOREXIA NERVOSA: Self-starvation resulting from excessive dieting due to an irrational fear of getting fat.
- 2) BULIMIA: Binging (eating vast amounts of food at one sitting) and purging (vomiting, laxative abuse, excessive exercise).

3) **COMPULSIVE EATING:** Compulsive or binge eating behavior, even when not physically hungry. Many compulsive overeaters are obese.

Adolescent girls are especially prone to developing an eating disorder; it is estimated that one in ten teenage girls has an eating disorder. Low self-esteem, pressure to be thin, and a fear of growing up are just some of the reasons that teenagers develop eating disorders. Eating disorders may result in permanent physical damage and even death. Prevention and early treatment of eating disorders is essential.

Many websites, non-fiction, autobiographical, and fiction books are available on the subject of eating disorders. Here are some resources that may be helpful to a young adult faced with an eating disorder:

#### WEB-BASED RESOURCES:

1) Something Fishy Website on Eating Disorders: (<http://www.something-fishy.org>).

This award-winning site offers support for eating disorder victims and their families. This comprehensive site includes information on diagnosis, treatment, recovery, cultural issues, dangers, personal stories, and memorial tributes to the many victims of eating disorders. This site also includes excellent links to other resources on eating disorders.

2) American Anorexia Bulimia Association (AABA): (<http://www.aabainc.org>).

This is a national authority organization that includes members of the public and healthcare industry dedicated to the prevention and treatment of eating disorders. Excellent information on eating disorders for sufferers, family, friends, and professionals.

3) Anorexia Nervosa and Related Eating Disorders, Inc: (<http://www.anred.com>).

A non-profit organization that provides information about anorexia nervosa, bulimia, binge eating disorder, compulsive exercising, and other less well-known eating disorders.

4) Overeaters Anonymous (OA): (<http://www.overeatersanonymous.org>).

This 12 Step, self-help group offers support to compulsive overeaters. OA also has group meetings specifically for teens.

#### NON-FICTION TITLES:

1) Anorexia and Bulimia by Paul R. Robbins, Ph.D. (Springfield, NJ: Enslow Publishers, 1998).

Good resource on eating disorders including definitions, Q&A, timeline, and resources. Comprehensive chapter on Treatment discusses the various treatment options for eating disorders.

2) *Anorexia Nervosa: When Food Is the Enemy* by Erica Smith (New York: The Rosen Publishing Group, 1999).

Excellent resource for preadolescents and young adults. Discusses anorexia nervosa, its symptoms, risk factors, societal influences, and health. Color photos, glossary, and further resources are included.

3) *Eating Disorders* by Vijay Fadia (Torrance, CA: Homestead Schools, Inc., 1999).

Good resource for adolescents and adults researching eating disorders. Includes a post-test and an appendix about the "Eating Disorders Bookshelf" -- a catalog of books and audio-visual materials available from Gurze Books (800) 756-7533.

4) *Everything You Need To Know About Eating Disorders: Anorexia and Bulimia* by Rachel Kubersky, M.P.H. (New York: The Rosen Publishing Group, Inc., 1999).

Easy-to-read, illustrated book about food and feelings; the weight control craze; eating disorders; and where to go for help.

5) *Eating Disorder Survivors Tell Their Stories* by Christina Chiu (New York: The Rosen Publishing Group, 1998).

Personal stories of teenagers who struggled with and overcame eating disorders. Color photos, a glossary, and further resources make this an excellent resource for any YA library. Teens will relate to the personal stories; males with eating disorders are also included.

6) *Fasting Girls: The Emergence of Anorexia Nervosa as a Modern Disease* by Joan Jacobs Brumberg (Cambridge, MA: Harvard University Press, 1988).

Comprehensive history of anorexia nervosa from its first definition in the 1870s to the present. History, debate, food and family issues, therapeutic intervention, social commentary, and modern dieting are discussed. Fascinating reading on the history of eating disorders. Illustrated.

7) *The Secret Language of Eating Disorders* by Peggy Claude-Pierre (New York: Random House, 1997).

Peggy Claude-Pierre developed the Montreux Clinic in Canada. Her unique approach to the treatment of eating disorders has had much success. She cured her two teenage daughters of anorexia nervosa. Her books discuss the negative mind set (confirmed negativity condition); teens and low self-esteem; treatment strategies; recovery; and healing from eating disorders.

8) Teen Eating Disorders by Elizabeth Weiss Vollstadt (San Diego, CA: Lucent Books, Inc., 1999).

This books includes definitions, causes, dangers, treatment, and prevention of eating disorders. Also included is a chapter on males and eating disorders. Illustrated with photos and comics, this is an excellent resource for any YA library.

#### AUTOBIOGRAPHIES:

Teens will relate to these personal accounts by those who have struggled with eating disorders.

1) Catherine: A Tragic Life by Maureen Dunbar (London: Penguin Books, 1986).

This book is unique because it includes actual pages from Catherine Dunbar's diary, a girl who struggled with anorexia for over seven years and eventually died, weighing only 42 pounds. The book is written by Catherine's mother.

2) Starving For Attention by Cherry Boone O'Neill (Minneapolis: Life Care Books, 1992).

An "eating disorder" classic in many libraries. Cherry Boone O'Neill (Pat Boone's daughter) struggled with anorexia and bulimia for years as a teenager and young adult. She finally overcame her disease with psychotherapy and spiritual healing.

3) Stick Figure: A Diary of My Former Self by Lori Gottlieb (New York: Simon & Schuster, 2000).

Lori Gottlieb recreates her Beverly Hills teenage years in diary form including her obsession with food and dieting. She overcame anorexia nervosa and is now studying to be a doctor. This book has been optioned for a film.

4) Wasted by Marya Hornbacher (New York: Harper Collins, 1998).

This gritty, personal account of Marya's struggle with anorexia and bulimia makes fascinating reading. She describes her teenage years as an anorexic with vivid detail. She almost dies of anorexia in college, despite treatment intervention. Teens and adults alike will relate to her struggle.

#### FICTION TITLES:

There are many fiction books for young adults about eating disorders. Here are a few interesting reads:

1) The Best Little Girl in the World by Steven Levenkron (New York: Warner Books, 1981).

A YA “classic” on anorexia nervosa. Written by famed psychotherapist Steven Levenkron, this is the story of Kessa -- a ballet student who becomes obsessed with dieting and eventually is forced to enter a treatment hospital weighing only 73 pounds. Her family is dysfunctional; teens will relate to her problems and fears.

2) *Second Star to the Right* by Deborah Hautzig (New York: Puffin Books, 1981, 1999).

Leslie Hiller is a bright, attractive, talented teenager. Why is she starving herself to death? Moving story about a teenage girl who develops anorexia at age 14. Well-drawn characters and timeless story, this is a wonderful addition for any YA library.

3) *Goodbye, Paper Doll* by Anne Snyder (New York: Signet Books, 1980).

Rosemary is 17, beautiful, and bright. She is also starving herself to death. Set in the San Fernando Valley, CA....teens will relate to Rosemary’s problems.

4) *The Hunger Scream* by Ivy Ruckman (New York: Walker & Co., 1983).

Lily develops anorexia nervosa as a young teenager. Her obsession with food and weight escalates as she copes with inner conflict and her struggle with her ‘perfect’ mother. Interesting characters and a moving story.

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[Something Fishy Website on Eating Disorders](#)

[American Anorexia Bulimia Association \(AABA\)](#)

[Anorexia Nervosa and Related Eating Disorders \(ANRED\)](#)



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[www.homestead.com](http://www.homestead.com)!