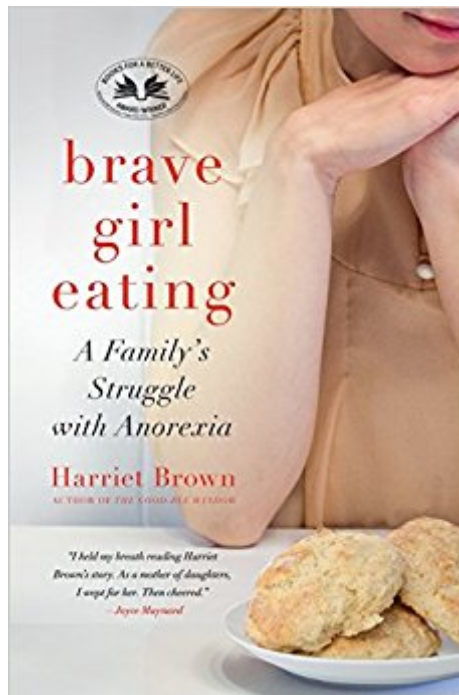




The book was found

# Brave Girl Eating: A Family's Struggle With Anorexia



## Synopsis

“One of the most up to date, relevant, and honest accounts of one family’s battle with the life threatening challenges of anorexia. Brown has masterfully woven science, history, and heart throughout this compelling and tender story.”  
•Lynn S. Grefe, Chief Executive Officer, National Eating Disorders Association  
“As a woman who once knew the grip of a life-controlling eating disorder, I held my breath reading Harriet Brown’s story. As a mother of daughters, I wept for her. Then cheered.”  
•Joyce Maynard, author of *Labor Day*  
In *Brave Girl Eating*, the chronicle of a family’s struggle with anorexia nervosa, journalist, professor, and author Harriet Brown recounts in mesmerizing and horrifying detail her daughter Kitty’s journey from near-starvation to renewed health. *Brave Girl Eating* is an intimate, shocking, compelling, and ultimately uplifting look at the ravages of a mental illness that affects more than 18 million Americans.

## Book Information

Paperback: 288 pages

Publisher: William Morrow Paperbacks; Reprint edition (September 13, 2011)

Language: English

ISBN-10: 006172548X

ISBN-13: 978-0061725487

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 177 customer reviews

Best Sellers Rank: #76,898 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #86 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #965 in Books > Biographies & Memoirs > Specific Groups > Women

## Customer Reviews

Brown tells the story of her family’s battle with anorexia, the “demon” that suddenly possesses her bright, pretty daughter, Kitty. Brown is alternately an introspective and anguished parent and a fierce advocate for the Maudsley approach, a family-based therapy that focuses on restoring the patient to physical health before fully dealing with the psychological challenges he or she faces. Brown carefully amasses facts about anorexia and the effects of starvation in between bouts at the dinner table as Kitty refuses to eat and, occasionally, hides her

food. The standoffs are emotionally draining for the entire family, including Kitty's younger sister, Emma, whom Brown worries is also at risk for the disease. At the crux of Brown's affecting and informative memoir is the idea that anorexia can happen to any family and that it can be defeated through determination and love, even though Brown recognizes that permanent success can be elusive. In the end, she knows that all any family can do is try, and that her eldest daughter will not be left to fight her demon alone. --Katherine Boyle --This text refers to an out of print or unavailable edition of this title.

"As a woman who once knew the grip of a life-controlling eating disorder, I held my breath reading Harriet Brown's story. As a mother of daughters, I wept for her. Then cheered." (Joyce Maynard) "What sets this book apart is the author's incorporation of clinical research findings from the field of eating disorders into the story of one family's struggle . . . [A] compelling story of family strength and an inspiring story for all of us committed to treating individuals with eating disorders." (Evelyn Attia, MD, Director, Center for Eating Disorders, Columbia University Medical Center, Weill Cornell Medical College) "One of the most up to date, relevant and honest accounts of one family's battle with the life threatening challenges of anorexia. Brown has masterfully woven science, history and heart throughout this compelling and tender story. Brave Girl Eating was fortunate to have one brave family." (Lynn S. Grefe, Chief Executive Officer, National Eating Disorders Association) "Harriet Brown is an intelligent, elegant writer and this book offers both solace and useful information for families struggling with eating disorders." (Audrey Niffenegger)

Filled with factual information and a excellent bibliography, this is the true story of a family and their young daughter's struggle with anorexia. Turning from the blame the family approach, and empowering the anorexia by leaving them to make all their own decisions, this family opted for intensive involvement instead. FBT or Family Based Treatment was the primary approach used and has so far shown a larger success rate than other therapeutic forms and proved highly beneficial to the young girl involved. FBT is a very demanding and intense approach that demands a lot from everyone involved but the results are apparently worth it. I applaud this family both for surviving and ultimately triumphing and for writing and honestly sharing what they did both good and bad. An amazing read.

I'm a recovering anorexic. I loved this. took because it was so real and I could so easily connect with

kitty. every thing that takes place in this book is something that I myself have gone through and still endure . everyday that voice is there...but you just have to try to ignore it .. . great book

As a parent of an anorexic teen, I felt such tremendous guilt. Harriet's book helped move me through denial and guilt and gave me the resolve to be my daughter's advocate and champion in the long process of recovery. Her book was compassionate and informative as she bravely shared her family's battle with this deadly disease. I recommend it to any caregiver of a child with an eating disorder.

I bought this book on a recommendation from a colleague who learned my daughter was suffering with an eating disorder. This book inspired me to stand by her side, and behind her to help push her, and to be her advocate to get the help she needed. Reading this book I believe helped save her life when she was at her sickest. I cried every page I turned because it so felt like me. I admire Harriet Brown and her family and thank her for sharing their story.

As a mother of a 14 year old anorexic, I found this book to be a tremendous help. Not only does it help you understand a little more about the disorder but it delves into the science and biology that contribute to it. A must read for every parent trying to help their child.

This memoir is so much more than just a good story! It draws the reader in, but also provides much important information throughout. I applaud Harriet Brown for sharing firsthand how a method of family based therapy went far beyond what traditional treatment programs offer. I also thank her for writing this much-needed perspective on how a whole family is affected by a one member's eating disorder. The book is very well written, very informative and very well-researched. It was a book I couldn't put down till I finished it all!! appreciate her family for letting her share a glimpse of how their lives were affected by this disease and how they came together to heal their daughter. As a mother of a 15 year old daughter with anorexia, I have read MANY of the books out there on this subject - and this one tops the list, hands down! I am taking Harriet Brown's story to heart, and now have my very own "Brave Girl Eating". A must read for any family facing an eating disorder!

Very informative, thank you.

Not what I expected. More about the mother. Never got to know the girl.

[Download to continue reading...](#)

Brave Girl Eating: A Family's Struggle with Anorexia Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders Malala, a Brave Girl from Pakistan/Iqbal, a Brave Boy from Pakistan: Two Stories of Bravery Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Brave New World and Brave New World Revisited The Ultimate Guide Living through the 12 Steps-: How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders,12 steps) Anorexia Nervosa (Eating Disorders Book 2) Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence: 2nd Edition Anorexia (Danger Zone: Dieting and Eating Disorders) Anorexia Nervosa: Whe Food Is the Enemy (Teen Health Library of Eating Disorder Prevention) Conquering Anorexia (Conquering Eating Disorders) Treatment Manual for Anorexia Nervosa, First Edition: A Family-Based Approach Mein Kampf - My Struggle: Unabridged edition of Hitlers original book - Four and a Half Years of Struggle against Lies, Stupidity, and Cowardice A Girl and Five Brave Horses

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)