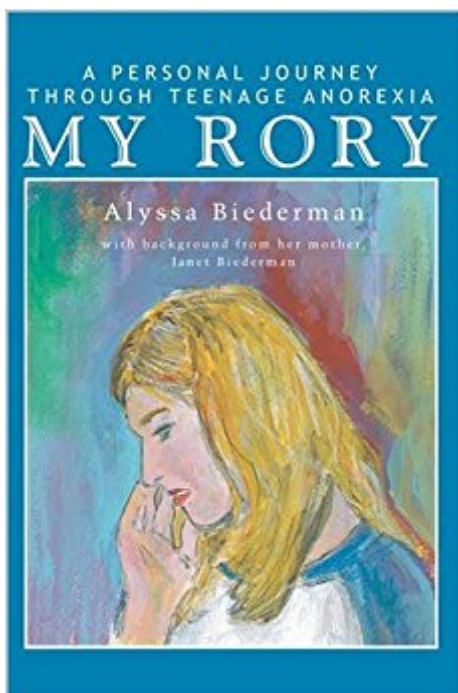


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# My Rory: A Personal Journey Through Teenage Anorexia



## Synopsis

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.

## Book Information

Paperback: 116 pages

Publisher: iUniverse, Inc. (January 19, 2005)

Language: English

ISBN-10: 0595341470

ISBN-13: 978-0595341474

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,025,566 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #87 in Books > Teens > Personal Health > Diet & Nutrition #332 in Books > Teens > Social Issues > Self-Esteem & Self-Reliance

## Customer Reviews

My Rory captures a rare glimpse of the inner feelings and thoughts of an anorexic as she battles to find herself.

I am a 17 year old recovering anorexic and I really enjoyed this book. I have experienced much of

the same turmoil as the author and it helped having someone to relate to. Many people let me down along the way also including my school counselors and so-called friends. They just didn't understand what it is like living with an eating disorder. I had counseling which was good, but it reached a point where I realized I needed to help myself. Again, I could totally relate to the author. My parents and good friends supported me all the way. I don't think I would be here without them. Anorexia is a lonely disorder because very few people understand it. This book was good for me. It also gave me continued hope. I admire the author's strength and courage to talk openly about anorexia. I wish the book was longer and had more stories about her daily struggle. I recommend this book!

I loved this book and highly recommend it to anyone struggling with an eating disorder. I cried, I laughed and I felt for the author as she and her family struggled with anorexia. I greatly admire the author's strength and have shared it with several friends. Finally, a book that truly displays the struggle an anorexic faces first hand!

Once I started reading this book, I couldn't put it down. I could relate to the author so well. I never thought anyone understood what I am going through until now. It helped me so much to realize I am not alone. I highly recommend this book to teenage girls and their parents.

This was a great book! I recommend this book to teachers, counselors, parents and teenagers. Gives great personal insight as well as hope to those suffering from anorexia and other eating disorders.

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