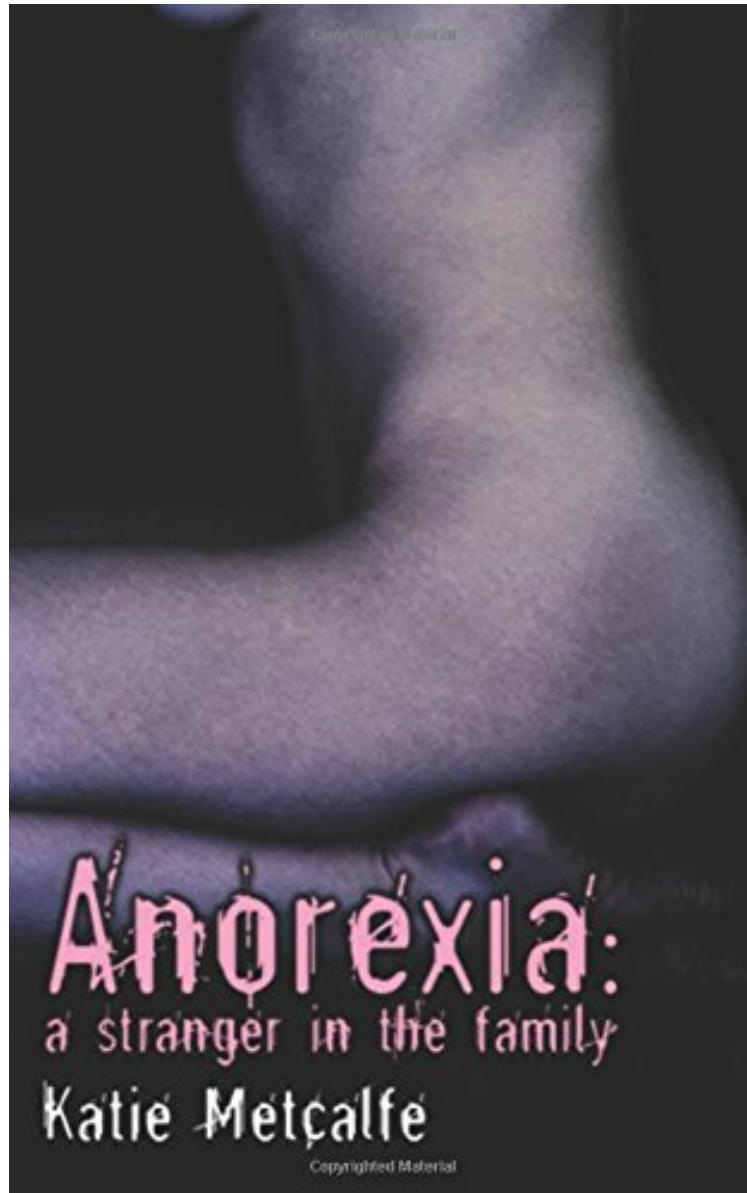


(Pdf free) Anorexia: A Stranger in the Family

## Anorexia: A Stranger in the Family

*Katie Metcalfe*

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**Katie Metcalfe : Anorexia: A Stranger in the Family** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anorexia: A Stranger in the Family:

0 of 0 people found the following review helpful. A tragic yet hopeful memoir of an anorexic life By Dargrace I read this memoir about a family's experience with anorexia and found tragedy, pain, tears and finally hope. There is healing

in the pain of anorexia when a survivor can finally look in the mirror and see past the "fat" person and see the person within. They are not the only one in the prison of shame and fear, siblings and parents are trapped as well. I found that the most poignant of words in the entire book were her words at the end to her parents...but I'll let you read them yourself. Get this book and experience the healing and the hope. At times the story seems repetitive...but that is the nature of anorexia...endless repetition. The words that run in the mind of an anorexic; the words that destroy the soul and body, pound by pound...ounce by ounce. Keep reading on; and marvel that she made it out alive at all. 0 of 0 people found the following review helpful. what can i say By voicesinthedark Well the book was quite boring. SORRY. But I couldn't wait to finish it and then when I did the book turned into a discussion with her family. I don't recommend reading this..4 of 4 people found the following review helpful. Inspiring By Tina Eating Disorders is a subject that is close, close to my heart. I am always in huge awe of anyone who has the courage to fight this disease and then to go on and share this heart-stopping experience with someone else and Katie Metcalfe has done just that in her excellent memoir Anorexia. As an addict, you discover a few realities pretty quickly - denial is huge and the other thing is that in order to survive and recover - you must give it away (or give back) to others so that you may stay in recovery. Metcalfe has written touchingly about both subjects in her memoir and as I was reading Anorexia, I could see the progression (albeit slow at times) that Katie was making in discovering her inner truths and in keeping herself honest and on the path of recovery. Katie writes about her struggles with a touching hand and heart and does not shy away from sharing with us just how harrowing and difficult her life was during her disease and yet, at the same time, she does not make useless excuses about how she got there or why she got there. Katie honestly opens up about "the voices" that she had to live with and how, at first, she let the voices "win" - but she soon discovers that there may be another way - one that would permit her to be herself and to be at a happier place. I could not read this book in only a few sittings as her entries are thought provoking and made me relive some of my own experiences - this book is to be read slowly - to be savored, analyzed and enjoyed. Congratulations Katie! you are wonderful and my thoughts are always with you - to a fellow traveller as a friend of mine once called it.

Katie Metcalfe takes readers through the daily struggle with this potentially lethal obsession. It is a harrowing account of her triumphs and tragedies on the long road to recovery after being hospitalized at 15. We learn of Katie's constant battle with 'the voice' when her pride at improving her health is overshadowed by the fear of over eating. It is a story of a young girl at war with herself and anyone who fights to keep her alive. However, Katie Metcalfe's book is more than a personal journey - it is the story of the impact of her illness on her family. With remarkable candour Katie's parents and siblings tell of the shocking impact on close relatives - when anorexia creates a stranger in the family. Katie's honesty combined with her talent for writing, gives a real sense of the horror of anorexia and its power to dominate lives. It is a true account of a family's hard won victory over a disease that kills.

About the Author Katie Metcalfe has recovered and runs her own website to help sufferers