

My Life As A Male Anorexic

My Life as a Male Anorexic On Thin Ice Anorexia Nervosa Solving the Anorexia Puzzle Males With Eating Disorders Eating Disorders Diagnostic Issues in Anorexia Nervosa and Bulimia Nervosa Psychiatry How to Survive Anorexia Investigating the Science of Eating Disorders Anorexia Nervosa Runner's World Eating Disorders Anorexia, Murder, and Suicide Family Therapy Canadian Journal of Psychiatry Depression Anorexia Nervosa and Bulimia Bulimia Understanding Anorexia Nervosa Michael Krasnow Chris Henrie R. L. Palmer W. Frank Epling Arnold E. Andersen Myra Immell David M. Garner Joseph A. Flaherty Peter Lambley Amy Jo Lee Paul E. Garfinkel Joan Nordquist David Malan Henny H. Kim Izabella Taler Harvey J. Schwartz Joan Hubble

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my life as a male anorexic is a uniquely male point of view of anorexia nervosa it is the autobiographical account of a young man s ongoing struggle with anorexia michael shared his story as part of the featured health segment men dying to be thin on wsvn channel 7 news in miami florida in may 1997 michael krasnow has had anorexia since 1984 and he chronicles his daily struggles feelings and experiences in this book he writes in a relaxed easygoing manner that makes the book appealing to all readers while ignoring statistics and not pretending to be an expert on the disorder michael simply tells readers what his life is like and how anorexia has affected even controlled it as of today michael has maintained his weight at 75 pounds on a 5 foot 9 inch frame anyone who suffers or anyone who knows someone who suffers from anorexia will learn that male anorexia is a serious problem and that there needs to be psychological and medical help for the boys and men who struggle with anorexia as michael begins his book for years anorexia existed but very few people knew of it women who suffered from it did not realize that they were not alone eventually as more became known and anorexia became more publicized a greater number of women came forward to seek help no longer feeling that they would be considered strange or outcasts from society maybe with the publication of this book more men with the problem will realize that they are not alone either and that they do not suffer from a woman s disease they can come forward without worrying about embarrassment michael s story will baffle frustrate sadden and irritate readers whether they are interested in the human side of michael s story whether they are workers in the medical field psychologists psychiatrists doctors nurses aides social workers mental health counselors or whether they are teachers coworkers friends or relatives of a male with anorexia my life as a male anorexic begins to shed light on the little known or discussed problem of male anorexia nervosa

within the still corridors of his adolescence fifteen year old chris henrie stood a towering figure but his frail body mirrored the weight of his concealed struggles what began as a benign piece of chris s identity gradually became a symptom of something unfamiliar a diagnosis of anorexia nervosa that was taking control of his life more and more by the day trapped by his disorder chris struggles to abandon his obsession with food restriction and his quest to maintain the only life he learned to value a memoir composed primarily of diary entries kept during a two month stay at an eating

disorder inpatient hospitalization program on thin ice the story and diary of a male anorexic narrates the intimate story of a teenage boy fighting for his life against the virulent grip of anorexia both a harrowing and illuminating tale of self discovery friendship and the strength of the human spirit on thin ice lends a voice to the millions of individuals around the world who suffer from eating disorders and grants readers a glimpse into the day to day challenges of beginning recovery

this up to date edition of anorexia nervosa reviews current thinking on the subject and provides accessible sympathetic guidance for anorexics their families and helpers professional and otherwise

first published in 1990 the subject of anorexia nervosa and more recently bulimia nervosa in males has been a source of interest and controversy in the fields of psychiatry and medicine for more than 300 years these disorders sometimes called eating disorders raise basic questions concerning the nature of abnormalities of the motivated behaviors are they subsets of more widely recognized illnesses such as mood disorders are they understandable by reference to underlying abnormalities of biochemistry or brain function in what ways are they similar to and in what ways do they differ from anorexia nervosa and bulimia nervosa in females this book will be of interest to a wide variety of people physicians psychologists nurses social workers occupational therapists nutritionists educators and all others who may be interested for personal or professional reasons

this book covers a variety of topics integral to understanding eating disorders from symptoms to causes to the emotional social and physical impact of the disorders to treatment and recovery

abstract a text on anorexia nervosa for mental health practitioners gynecologists endocrinologists and pediatricians presents a comprehensive multidimensional model for understanding and treating this syndrome the etiology and perpetuation of anorexia nervosa encompasses a broad range of physiologic psychologic sociocultural and familial factors the 12 chapters of the text offer a detailed clinical picture of this disease and criteria for its diagnosis various subclasses of this syndrome e g bulimia are characterized and significant changes in hypothalamic pituitary gland function are described the authors present data that anorexia nervosa is increasing in older as well as younger women across different social classes the interrelationship among body image distortions interoceptive disturbances and the sense of personal ineffectiveness experienced by anorexics is clarified the potential role of the family for fostering the development of anorexia is stressed a comprehensive individualized treatment plan is presented wz

the implications for the management of these patients are discussed in detail and some surprising findings are presented included is a comprehensive review of the literature on anorexia and sexual murder and a discussion with many clinical examples of the author s extensive experience of the handling of suicidal patients

experts estimate that as many as 18 million americans suffer from depression the essays included in this volume present a general introduction to the various types of depression current and potential treatments for the disorder and the way in which depression affects its victims and their families

discusses the causes and consequences of anorexia nervosa as well as ways to treat and prevent this condition

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