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# Inside Out: Portrait Of An Eating Disorder



## Synopsis

"Every day, meal by meal, millions of people suffer from eating disorders. I am one of them." Nadia Shivack was fourteen years old when she met Ed, her eating disorder. Sometimes like an alien in her body, sometimes like a lover, Ed was unpredictable and exciting, but ultimately always dangerous and destructive. At an inpatient unit of a hospital where she was taken for treatment, Nadia wrote and drew on napkins after meals in order to keep the food in and calm the outrageous voices in her head. These pictures, together with others drawn on notebook paper and a variety of other surfaces, tell an unflinchingly honest story of a woman's lifelong battle with anorexia and bulimia. Raw, brave, and brilliant, Nadia's journey takes readers to the intimate corners of these misunderstood diseases. You will never think about eating disorders in the same way again.

## Book Information

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Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

In Nadia Shivack's heartbreaking true story, she tells the world about her life-long problem with eating disorders. Told with a mixture of text and pictures drawn by Ms. Shivack, her preoccupation with food began when her mother told her that not only did she not dress like a girl, but that she was also getting chunky. Her parents had their own problems - her father was overly critical and her mother, a Holocaust survivor, refused to let her three children leave the table until they had cleaned their plates, even though she herself only ate one small meal a day to survive. When Nadia began

swimming competitively in school, her swim coach would praise the girls who were slender and berate those who, in his opinion, needed to lose weight. She began to feel huge and unattractive, and started the cycle of abuse with restricting her diet and then binging on foods that were not allowed. It wasn't long before she met "Ed," her eating disorder - the evil alien being who took over her life. Nadia's trouble with food was not restricted to her youth. Through high school, through college, through study programs and medication, she struggled with it her entire life. Even knowing the side effects - being unable to sleep, rotting gums from purging, being incapable of having effective relationships - it wasn't until Nadia was about to turn forty that she decided to try another treatment program. Thankfully, Ms. Shivack did eventually overcome the horror of her eating disorder. Like many other diseases, however, she knows that this will be a lifelong struggle, something that she will always have to work at.

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