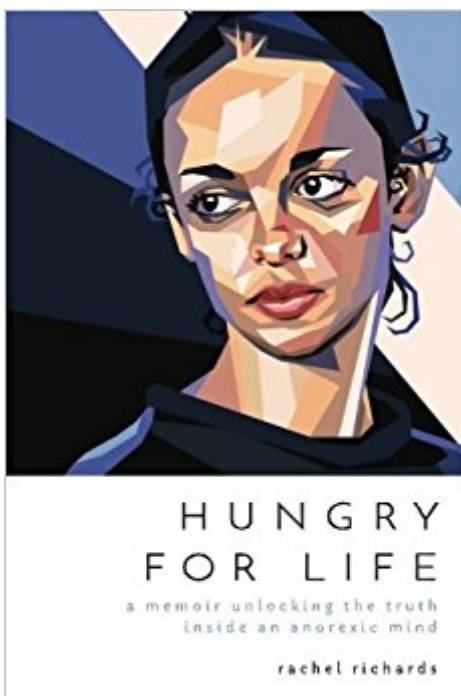


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Hungry For Life: A Memoir Unlocking The Truth Inside An Anorexic Mind



Synopsis

In this painfully moving memoir, take a firsthand look at anorexia through the eyes of a young girl. Even in kindergarten, Rachel Richards knows something isn't right. By leading us through her distorted thoughts, she shines a light on the experience and mystery of mental illness. As she grows up, unable to comprehend or communicate her inner trauma, Rachel lashes out, hurting herself, running away from home, and fighting her family. Restricting food gives her the control she craves. But after being hospitalized and force-fed, Rachel only retreats further into herself. With a driving perfectionism, she graduates college with honors. But at sixty-nine pounds, Rachel is a shell of nervous and obsessive behaviors that have controlled her life. Years of self-harm and self-loathing have fueled the inner battles between good and evil, health and sickness, and life and death. Acting on stage offers her moments of freedom from the skewed perceptions she's constructed over the years. But her dream of a career in theater is not enough to save her. What is the secret that will finally unleash her will to recover? If you or someone you know suffers from an eating disorder or is a concerned parent, is anxious about weight and dieting, has an addiction, or wants to learn more about the mystery of how an eating disorder develops and the multifaceted and complex road to recovery, this book is a must-read!

Book Information

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Customer Reviews

Several years ago, I made a quick decision to begin scribbling down my story. I wasn't sure why at the time, though it was partially an attempt to make sense of my turbulent past, and a quest for catharsis. But in retrospect, I believe what compelled me to write was the frustration over feeling

misunderstood with regards to my illness. I was driven by a burning need to cut through all the misconceptions and assumptions surrounding anorexia, and reveal the complexity and seriousness of this mental disorder. Self-starvation does not define anorexia, but is merely a symptom, albeit a deadly one. An eating disorder is a beast that resides deep within, destroying a person slowly from the inside out. Research has shed light on anorexia, but studies cannot accurately depict an individual's mind as she struggles with her disorder. What is going through her head when she decides to stop eating, to study compulsively, to shut out her family and friends, to injure herself, and to live in isolation? My book reveals it all. What can you do when a person you love is withering away right before your eyes? It is essential to understand the mind of the sufferer in order to know how to help. We must resist the impulse to go with our gut, because our instincts are often misguided when it comes to this issue. If you or someone you know suffers from an eating disorder or is a concerned parent, is anxious about weight and dieting, has an addiction, or wants to learn more about the mystery of how an eating disorder develops and the multifaceted and complex road to recovery, I urge you to read my story. And please never hesitate to contact me with your thoughts or questions.

After years of struggling with an eating disorder, author Rachel Richards turned her life around and now helps others in pain. Returning to school after earning her BFA in theater from Hofstra University, she graduated from the Swedish Institute College of Health Sciences and started her own private practice in Manhattan as a licensed and board-certified massage therapist. She hosts a popular YouTube channel and has written many articles on health and self-care, which can be found at www.Rachel-Richards.com.

This book is a story of one woman's experience with anorexia. Beginning at age eight, Rachel finds that one thing she can control in her life is food. I was shocked that she became an anorexic at such a young age. Throughout this story of starvation, intervention, relapse, and attempted recovery, Rachel's story will pull at your heartstrings. It doesn't pull punches or try to paint this disease in a rosy light. Instead, the huge and ongoing struggle to control her weight, understand how she should act in any situation, and to be a successful actor in musical theatre is bluntly and honestly revealed. This book really opened my eyes to why some people with anorexia don't eat, and how hard the struggle to overcome this problem is. I highly recommend this book to anyone who may know someone who they are concerned about having anorexia, and I recommend it to parents, especially parents of girls who have a hard time fitting in at school and who might make the choice of

controlling their food intake in order to have control over some area in their lives. This book will really open your eyes to the problem with anorexia. Rachel's reason for being anorexic was not the current view of the perfect woman being extremely thin, but I believe that is one of the reasons why many girls and young women become anorexic. I hope that if you have daughters who are overly concerned about their body size and weight, you will be able to get them help.

As a once chubby kid who grew up being told one can never be too thin, this book helped me to better understand my own short bout with excessive dieting, and my continued desires for perfection. Ms. Richards bares her soul, detailing the not-so-pretty details of her long battle with anorexia, and her emotional and physical struggle to move her life away from the clutches of the disease. *Hungry for Life* is the interesting tale of a troubled child's evolution to a resolved young woman, and is not just for those who have a curiosity or questions about anorexia. Her story is compelling, bold and totally relatable to all. The research section at the end of the book is also incredibly interesting. Definitely a recommended read.

Rachel's account of her years-long struggle with anorexia nervosa is both horrifying and hopeful. Told with searing honesty and brave insight, it dispels the myth of anorexia being the result of adolescent dieting "gone too far," or a teenager's attempt to look like a supermodel. Rachel is quite succinct in her explanations of what was going through her mind when her anorexia was developing, and her bid for control over a world that was perplexing and sometimes hostile towards her as she was growing up. This book is important reading for anyone who has suffered from the disease, as it does not glorify it or attempt to romanticize it in any way...in fact, Rachel describes anorexia and her experience with it in mostly negative terms--isolating, terrifying, and deadly. Her climb out of the darkness was slow and painstaking...but I found myself rooting for her and feeling like I knew her. I love autobiographies, and this one is excellent, especially if you or anyone you love suffers from this confounding and heartbreaking illness. Thank you, Rachel...sharing your story was brave and serves to shed much-needed light on this misunderstood affliction.

This book was a page turner for me. I identified with so much of it. Following Rachel's story was informative and it was surprising to see how many of the same traits I possessed as a child while battling an eating disorder. Anyone who may know someone with an eating disorder should read this and learn through her personal accounts and insights. It may make the whole process a little less confusing and teach family and friends how to approach people going through this type of

illness.

not sure I will be able to finish the book. On chapter 6 now (1/10 way through) and so far it's been a drag. I feel compassion for sufferers of anorexia and their loved ones. In my life, I have found it to be personality-altering, soul-sucking, and a life-draining disease. But I was looking for an enlightening book. Thus far, the intro has bored me and centered on, dare I say normal, feelings of letting down mom/dad/teachers/daycare employees in daycare and elementary school, being bullied in middle school, etc. In 37 pages, not further than age ~12 and no exceptionally unique incidents. Most people go through this sort of stuff in their childhood and preteen years. I suppose the point may end up being that small things accumulated over time in the author's life and resulted in starving herself, but right now I find it to be middle/upper-class whining :- (Nothing against the author but just had higher hopes considering the killer rating

There's the emotional side to this story, which is heart-breaking. There is the literary side of a very well written memoir. And as a teacher there is the strong reminder that children process information differently than adults and we sometimes forget that. If they don't know something, they will often fill in the blanks. They assume they know, since to them, they do know so much more than they did the months or years before. This book will appeal to educators, therapists, parents and young people who may be dealing with problems or have friends who are going through difficult issues. It goes beyond anorexia - the basics here apply to all of us.

Hungry For Life is a very compelling read. In today's "Foodie- culture society, it is hard to not be at least a little food centered. But this memoir goes far beyond what current trends address. This story really speaks to those of us who have been obsessed with food from as far back as our memory exists. Although my journey takes me in the opposite direction which has lead to life long morbid obesity, the triggers and feelings are really the same. I can't recommend this book highly enough to anyone who has any type of issue with food and control. This book is a must read, both for sufferers & those who are in their lives.

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