



Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem? (The Almost Effect)

By Jennifer J Thomas Ph.D., Jenni Schaefer

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Determine if your eating behaviors are a problem, develop strategies to change unhealthy patterns, and learn when and how to get professional help when needed with this practical, engaging guide to taking care of yourself when you are not a full-blown anorexic.

Millions of men and women struggle with disordered eating. Some stand at the mirror wondering how they can face the day when they look so fat. Others binge, purge, or exercise compulsively. Many skip meals, go on diet after diet, or cut out entire food groups. Still, they are never thin enough. While only 1 in 200 adults will struggle with full-blown anorexia nervosa, at least 1 in 20 (including 1 in 10 teen girls) will exhibit key symptoms of one or more of the officially recognized DSM eating disorders--anorexia nervosa, bulimia nervosa, and binge eating disorder. Many suffer from the effects but never address the issue because they don't fully meet the diagnostic criteria. If this is the case for you, then you may be "almost anorexic." Drawing on case studies and the latest research, *Almost Anorexic* combines a psychologist's clinical experience with a patient's personal recovery story to help readers understand and overcome almost anorexia. *Almost Anorexic* will give you the skills to: Understand the symptoms of almost anorexic; Determine if your (or your loved one's) relationship with food is a problem; Gain insight on how to intervene with a loved one; Discover scientifically proven strategies to change unhealthy eating patterns; Learn when and how to get professional help when it's needed.

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Editorial Review

Review

"*Almost Anorexic* succeeds in achieving balance among eating disorder assessment and treatment principles grounded in scientific research, clinical practice, and personal experience. The partnership between Thomas (researcher and clinician) and Schaefer (author with personal experience with eating disorder recovery) is commendable and will be invaluable to helping men and women who are struggling with "*almost anorexia*."
--The AED (Academy for Eating Disorders) Forum

"Thoughtfully educates the reader of the dangers of eating disorders that might not fit within the common public understanding."
--Lynn S. Grefe, president and CEO, National Eating Disorders Association

"Anorexia Nervosa, a serious and potentially life-threatening disorder, is relatively rare. Much more common are subclinical symptoms which are nonetheless very distressing and problematic. *Almost Anorexic* uniquely and compellingly describes this important phenomenon and provides down-to-earth guidance on how to overcome such problems."
--B. Timothy Walsh, professor of psychiatry, Columbia University, and chair of the DSM-5 Eating Disorders Work Group

"I wish *Almost Anorexic* had been written when my daughter was "*almost anorexic*." This book might have given us the information we needed to intervene before our daughter moved into full-blown anorexia, and it might have helped us save her life."
--Kitty Westin, advocacy director, The Emily Program Foundation

"A vibrant read with a fresh perspective on the perilous gray zone between healthy and anorexic."
--Cynthia Bulik, author of *Midlife Eating Disorders* and director of the UNC Center of Excellence for Eating Disorders

"Eating problems are often ignored by assessment tests, health care professionals, media coverage, insurance companies, and even the person who is suffering. This book will help millions--including men!"
--Leigh Cohn, editor-in-chief, *Eating Disorders: The Journal of Treatment and Prevention* and coauthor of *Current Findings on Males with Eating Disorders*

"A comprehensive overview of research and information, combined with self-help exercises that will help people identify if indeed they have a problem with eating and what they might be able to do about it."
--Carolyn Costin, Monte Nido and Affiliates Treatment Centers, author of *8 Keys to Recovery from an Eating Disorder* and *Your Dieting Daughter*

"This is an incredible contribution to the literature on eating disorders--which I wish had come out ten years ago!"
--Kirsten Haglund, Miss America 2008, National Eating Disorders Association ambassador

"Written in engaging prose and based on current scientific research, this valuable book provides an empathic look at body image and eating concerns that technically do not meet diagnostic criteria for full syndrome

eating disorders yet cause suffering to those who are in their grip."

--Ruth H. Striegel, professor of psychology, Wesleyan University and editor-in-chief, *International Journal of Eating Disorders*

"Health practitioners and clients alike will appreciate the useful tools, charts, and case studies...Ultimately, this is a guide that will help you (or a loved one) get your life back."

--Evelyn Tribole, co-author of *Intuitive Eating*

"Many of us struggle with food, eating, and/or body image. This book's appealing mix of personal reflections and sound, up-to-date information will make it an important resource for anyone troubled by his or her relationship with food, or who's concerned about a friend or family member."

--Harriet Brown, author of *Brave Girl Eating*

"Dr. Jennifer Thomas and Jenni Schaefer are a dynamic duo who brilliantly illuminate the slippery emotional slope to anorexia."

--Susan Albers, author of *Eating Mindfully*

"For patients, family members, and friends, this book validates the experience of an eating disorder that cannot be classified as anorexia, bulimia, or binge eating disorder."

--Kamryn T. Eddy, co-director, Eating Disorders Clinical and Research Program, Massachusetts General Hospital

"*Almost Anorexic* puts a welcome end to the inaccurate belief that recovery is only possible for some sufferers of eating disorders, and shows that it is actually an action-oriented process that any one of us can choose. Grounded in practical changes readers can make in their lives, this book is evidence that there is hope."

--Marya Hornbacher, award-winning journalist and bestselling author of *Wasted: A Memoir of Anorexia and Bulimia; Madness; Sane and Waiting*

"*Almost Anorexic*" is a must read for anyone concerned with their own or a loved one's relationship with food and body. I am not a professional, I am a survivor and I promise you will relate to the words on every page and gain so much insight from this incredible book."

--David H., Book Bargains, 5 Star Review

About the Author

Jennifer J. Thomas, PhD., is an Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School, and Co-Director, Eating Disorders Clinical and Research Program, Massachusetts General Hospital. Her groundbreaking scientific research, which focuses on the development of an eating disorder typology that better reflects clinical reality, has been funded by the National Institute of Mental Health, the Klarman Family Foundation, and the Hilda and Preston Davis Foundation. She has published forty scientific articles and chapters, serves on the editorial boards of *International Journal of Eating Disorders* and *Journal of Abnormal Psychology*, and is a member of the Academy for Eating Disorders and Eating Disorders Research Society. She lives in downtown Boston, where she also maintains a private psychotherapy practice, helping people with almost anorexia and other officially recognized eating disorders. Jenni Schaefer's breakthrough bestseller, *Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too*, established her as one of the leading lights in the recovery movement. With her second book, *Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life*, she earned her place as one of the country's foremost motivational writers and speakers. Jenni's straightforward, realistic style has made her a role model, source of inspiration, and confidant to people

worldwide looking to overcome adversity and live more fully. She speaks at conferences, at major universities, and in corporate settings; has appeared on many syndicated TV and radio shows; and has been quoted in publications including The New York Times. She is also chair of the Ambassadors Council of the National Eating Disorders Association. An accomplished singer/songwriter, she lives in Austin, Texas.

Users Review

From reader reviews:

Jennifer Bryan:

The particular book *Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem? (The Almost Effect)* will bring one to the new experience of reading the book. The author style to spell out the idea is very unique. In case you try to find new book to read, this book very appropriate to you. The book *Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem? (The Almost Effect)* is much recommended to you to read. You can also get the e-book from your official web site, so you can quickly to read the book.

Geraldine Carlson:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could possibly be reading a book may be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the publication untitled *Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem? (The Almost Effect)* can be great book to read. May be it may be best activity to you.

Rana Jensen:

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