

THE MONSTER WITHIN

OVERCOMING
EATING
DISORDERS



CYNTHIA ROWLAND McCLURE

FOREWORD BY FRANK MINIRTH

Monster Within Overcoming Eating Disorders

Sheila M. Reindl



Monster Within Overcoming Eating Disorders:

The Monster Within Cynthia Rowland McClure, 2002-06-01 Cynthia Rowland was an outwardly vivacious and successful television news reporter who inwardly had slipped into the depths of bulimia. An addiction to bingeing and purging and heavy doses of laxatives finally landed her in treatment. *The Monster Within* tells the story of her descent into sickness, her struggle to learn why she was engaging in slow suicide, and the courage and grace it took to get well. This updated edition includes a section of answers to some of the common questions the author is asked about bulimia. Anyone suffering from an eating disorder, there are eight million bulimics in America alone, as well as parents, friends, counselors, and pastors will find hope and help through this engaging true life story. **The Monster Within** Cynthia Rowland McClure, Paul D. Meier, 1984

Eating Disorders Raymond Lemberg, Leigh Cohn, 1998-12-15 Eating disorders such as anorexia nervosa and bulimia nervosa pose a grave danger to the health of thousands of Americans each year. This sourcebook brings together in a single volume an extensive amount of information and resources regarding the diagnosis and treatment of these potentially life-threatening conditions. This volume is a substantially updated and expanded version of *Controlling Eating Disorders with Facts, Advice, and Resources* Oryx 1992. [Sensing the Self](#) Sheila M. Reindl, 2001 Hearing about the destructive compulsion of bulimia nervosa, outsiders may wonder, "How could you ever start?" Those suffering from the eating disorder ask themselves in despair, "How can I ever stop? How do you break the cycle of bingeing, vomiting, laxative abuse, and shame?" While many books describe the descent into eating disorders and the resulting emotional and physical damage, this book describes recovery. Psychologist Sheila Reindl has listened intently to women's accounts of recovering. Reindl argues compellingly that people with bulimia nervosa avoid turning their attention inward to consult their needs, desires, feelings, and aggressive strivings because to do so is to encounter an annihilating sense of shame. Disconnected from internal sensed experience, bulimic women rely upon external gauges to guide their choices. To recover, bulimic women need to develop a sense of self to attune to their physical, psychic, and social self-experience. They also need to learn that one's neediness, desire, pain, and aggression are not sources of shame to be kept hidden but essential aspects of humanity necessary for zestful life. The young women with whom Reindl speaks describe with great feeling their efforts to know and trust their own experience. Perceptive, lucid, and above all humane, this book will be welcomed not only by professionals but by people who struggle with an eating disorder and by those who love them. **Rather than Rehab** Lori Losch, 2017-08-01 Lori brings the experience of bulimia out of isolation and shame and into the heart where we can find a path to healing, connection, and freedom. Jaime Myers, founder of Shine Life Design, Scottsdale, AZ: "Are you ready to break up with your bulimia for real? Has your long love affair with the binge-purge cycle finally run its course, but breaking up with it has proven impossible? Even scary?" In this candid account, addiction recovery coach Lori Losch leads those struggling to break up with bulimia through ten strategies to help them gain freedom with food while learning to love their body. Between a two-decade battle with bulimia and body

dysmorphic disorder along with her experience helping others overcome their disordered eating Lori has created a process that works Part Wasted by Marya Hornbacher and part Recovery 2.0 by Tommy Rosen Rather Than Rehab will help you break the binge purge cycle embrace your body and create the life of your dreams Lori's courageous personal account of her struggles and ultimate triumph not only sheds light on the causes of bulimia but she offers up useful tips on how to break the vicious cycle Steve Ozanich author of The Great Pain Deception For anyone struggling to overcome bulimia to master their own recovery and their own lives I cannot recommend this wonderful book highly enough Joel F Wade PhD author of The Virtue of Happiness

Starving for Salvation Michelle Mary Lelwica, 2002 TABLE OF CONTENTS 1 Bodies of Evidence Bodies of Knowledge Contemporary Approaches Historical Perspectives New Directions 2 The Good the True and the Beautiful Female Body Popular Icons of Womanhood and the Salvation Myth of Female Slenderness 3 Losing Their Way to Salvation Popular Rituals of Womanhood and the Saving Promises of Culture Lite 4 Universes of Meaning Worlds of Pain The Struggles of Anorexic and Bulimic Girls and Women A Different Kind of Salvation Cultivating Alternative Senses Practices and Visions Notes Selected Bibliography Index

Learning from the Lives of Amazing People Janice Gudeman, 1988-12

The Anorexic's Story Mary Petrie, 2000 Chaotic Eating Helen Bray-Garretson, Kaye V. Cook, 1992 **The Resource Guide for Christian Counselors** Douglas R. Flather, 1995 This referral directory gives the user immediate access to essential up to date Christian counseling resources It is organized alphabetically under 46 general topics that encompass counseling issues professional issues and educational issues

Inner Eating Shirley Billigmeier, 1991 Manual of Psychosocial Nursing Interventions Susan Lewis, 1989 An easy to use handbook on the psychosocial care of patients in the medical surgical setting both those with a psychiatric diagnosis and those under the normal stresses of physical illness and hospitalization It provides the specific step by step guidelines you need for effective planning and intervention You'll find sound advice on helping clients with depression post traumatic stress disorders and other psychiatric disorders addictive behaviors chemical dependencies and much more

Subject Guide to Children's Books in Print 1997 Bowker Editorial Staff, R R Bowker Publishing, 1996-09

Diet Pill Drug Dangers Lawrence Clayton, 1999 With body image and weight consciousness being such a huge part of today's society it is no wonder that so many young adults are abusing diet pills This book looks at the dangers associated with diet pill abuse Information on how these pills work and exactly how they affect the user are also included Some discussion of responsible medically supervised use of prescription diet pills is included along with real life stories and anecdotes of people who have battled diet pill addictions

The Complete Handbook for Recovery Ministry in the Church Bill Morris, 1993 *The Compulsive Woman* Sandra Simpson LeSourd, 1990 *A Woman's Journey to Freedom* Sandra Simpson LeSourd, 1998-03

Overcoming Eating Disorders Kathleen Zraly, David Swift, 1992 An informative and hopeful book that combines the professional and personal experiences of a physician with that of a specialist who struggled with this condition a decade ago and now devotes her practice to helping others The book links

eating disorders to other co dependency and addiction problems showing the similarities differences and ways of overcoming them *Subject Guide to Books in Print* ,1997 Books in Print Supplement ,2002

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