



## Food and Loathing (Paperback)

By Betsy Lerner

Little, Brown Book Group, United Kingdom, 1900. Paperback. Book Condition: New. 197 x 134 mm. Language: English . Brand New Book. In FOOD AND LOATHING a bright, chubby girl believes that thinness is next to godliness and so attends one of the first meetings of Overeaters Anonymous in 1975. Her twenties are marked by yo-yo dieting, depressive episodes and a sadistic shrink. Then, just as her dream of being a writer is within reach, entering Columbia s prestigious MFA program, she spirals into a suicidal depression and lands for a six-month stay at New York State Psychiatric Institute. There a young resident helps her take her first steps towards selfhood, unravelling the self-loathing of an eating disorder coupled with a paralysing mood disorder. He also helps her confront a tragic family secret whose silence had enveloped an otherwise average Jewish middle-class family. FOOD AND LOATHING is a book about how people use food to narcotise, to love and to escape. It s about therapy - the good, the bad, and the down right destructive - and about every woman who spends too much of her life thinking about her weight and how she can forgive herself for living - and...



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