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This Mean Disease: Growing Up in the Shadow of My Mother's Anorexia Nervosa

Daniel Becker

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In the first book written by the child of someone who died from an eating disorder, Daniel Becker shows us the heartbreaking details of his mother's anorexia nervosa—her unrelenting obsession with food and her inability to nourish herself. His earliest memory of her is watching as she packs her suitcase for the first of numerous hospitalizations. From the observations of that confused child to his realization of helplessness as an adult, Daniel conveys the inner world of an anorectic and her family. He provides an intimate portrayal of how he, his father and his two brothers each struggled to balance their loyalty to Mom against the increasing awareness that only by separating from her could they ensure their own survival. In the end, Daniel must come to terms with his mother’s slow demise and begin to lead a life out from under the shadow of her illness.
Part cautionary tale and fully descriptive of how eating disorder effects family members.

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