



Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women

By Trisha, PhD Gura

Download now

Read Online 

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura

A girl with an eating disorder grows up. And then what?

In this groundbreaking new book, science journalist Trisha Gura, Ph.D., explodes the myth that those who suffer from eating disorders, including anorexia nervosa and bulimia nervosa, are primarily teenage girls. In reality, these diseases linger from adolescence or emerge anew in the lives of adult women in ways that we are only starting to recognize.

Millions of American women twenty-five and older suffer from serious food issues, from obsessions with calorie counting to compulsions to starve then overeat. Because of the assumption that age provides eating-disordered immunity, the medical and mental health communities have long overlooked these women and minimized their dangerous habits. Yet the number of women in their thirties, forties, and older now seeking treatment is double and triple that of five years ago. The growing awareness of this understudied population is raising relevant questions: How does an adult woman's eating disorder affect her choice of a husband—or his choice of her? How does she cope with her expanding body during pregnancy? How does she feed her children when she cannot properly feed herself? And how does she weather aging in a culture that informs all women that they can never be too old to be too thin?

Drawing on her own experience with anorexia, the most up-to-date research, and extensive interviews with clinicians and sufferers, Gura addresses these concerns and concludes that eating disorders, at least some vestige of them, tend to lie dormant throughout a woman's life. Eating disorders in adults may not replicate those of adolescents and tend to emerge at the most vulnerable periods in a woman's life—marriage, the birth of a child, stress from child rearing, marital difficulties, depression, and menopause. Though the media may tell us that the girl with an eating disorder overcomes her demons with age and hard work, the reality is that she often doesn't. A girl with an eating disorder is a woman prone to relapse.

Lying in Weight is a startling, timely, and imperative investigation of eating

disorders "all grown up." Women are suffering from a hidden, horrid, and life-threatening epidemic. This book is a shot across the bow to confront the problem and address the real issues. Isn't it time to end the suffering?

 [Download Lying in Weight: The Hidden Epidemic of Eating Dis ...pdf](#)

 [Read Online Lying in Weight: The Hidden Epidemic of Eating D ...pdf](#)

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women

By Trisha, PhD Gura

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura

A girl with an eating disorder grows up. And then what?

In this groundbreaking new book, science journalist Trisha Gura, Ph.D., explodes the myth that those who suffer from eating disorders, including anorexia nervosa and bulimia nervosa, are primarily teenage girls. In reality, these diseases linger from adolescence or emerge anew in the lives of adult women in ways that we are only starting to recognize.

Millions of American women twenty-five and older suffer from serious food issues, from obsessions with calorie counting to compulsions to starve then overeat. Because of the assumption that age provides eating-disordered immunity, the medical and mental health communities have long overlooked these women and minimized their dangerous habits. Yet the number of women in their thirties, forties, and older now seeking treatment is double and triple that of five years ago. The growing awareness of this understudied population is raising relevant questions: How does an adult woman's eating disorder affect her choice of a husband—or his choice of her? How does she cope with her expanding body during pregnancy? How does she feed her children when she cannot properly feed herself? And how does she weather aging in a culture that informs all women that they can never be too old to be too thin?

Drawing on her own experience with anorexia, the most up-to-date research, and extensive interviews with clinicians and sufferers, Gura addresses these concerns and concludes that eating disorders, at least some vestige of them, tend to lie dormant throughout a woman's life. Eating disorders in adults may not replicate those of adolescents and tend to emerge at the most vulnerable periods in a woman's life—marriage, the birth of a child, stress from child rearing, marital difficulties, depression, and menopause. Though the media may tell us that the girl with an eating disorder overcomes her demons with age and hard work, the reality is that she often doesn't. A girl with an eating disorder is a woman prone to relapse.

Lying in Weight is a startling, timely, and imperative investigation of eating disorders "all grown up." Women are suffering from a hidden, horrid, and life-threatening epidemic. This book is a shot across the bow to confront the problem and address the real issues. Isn't it time to end the suffering?

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura
Bibliography

- Sales Rank: #2050413 in Books
- Published on: 2007-05-01
- Released on: 2007-05-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.21" w x 6.00" l, 1.29 pounds

- Binding: Hardcover
- 384 pages

 [Download Lying in Weight: The Hidden Epidemic of Eating Dis ...pdf](#)

 [Read Online Lying in Weight: The Hidden Epidemic of Eating D ...pdf](#)

Download and Read Free Online **Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women** By Trisha, PhD Gura

Editorial Review

From [Booklist](#)

Science writer Gura believes that the best estimates of people with an eating disorder--25 to 30 million, according to the National Eating Disorders Association--may be off by millions. Many more, she says, have what she calls "subthreshold" eating disorders. That is, their symptoms, for one reason or another, fall just outside the standards set by the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders*. Which doesn't mean they're not overly obsessed with their bodies, or don't adhere to dangerous dietary and/or exercise practices. It does mean that these women may be ignored because they're usually older than 25, hence commonly believed immune from such illnesses as anorexia nervosa and bulimia. Indeed, Gura notes that when symptoms diagnosed as an eating disorder in an adolescent appear in a mature woman, they're often written off by physicians as something else and go untreated. The result, she fears, threatens the woman's health. Including steps for self-diagnosis and self-healing, Gura proffers helpful counsel to those willing to heed it. *Donna Chavez*

Copyright © American Library Association. All rights reserved

Review

"Informed with personal passion and scientific insight. . . . Gura's book is highly recommended." (Library Journal)

"Gura proffers helpful counsel to those willing to heed it." (Booklist)

"Well-researched...Gura explores the issue [of eating disorders] with insight and empathy." (Bust Magazine)

About the Author

Trisha Gura, Ph.D., has written extensively for such publications as *Science*, *Nature*, *Scientific American*, the *Chicago Tribune*, *Prevention*, *Child*, *Health*, and *Parents*. She holds a Ph.D. in molecular biology and is a Resident Scholar at Brandeis University near Boston, Massachusetts.

Users Review

From reader reviews:

Dorothy Pearce:

The guide with title *Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women* includes a lot of information that you can discover it. You can get a lot of help after read this book. This book exist new know-how the information that exist in this reserve represented the condition of the world right now. That is important to yo7u to learn how the improvement of the world. This specific book will bring you throughout new era of the internationalization. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

Paul Tirrell:

You could spend your free time you just read this book this reserve. This Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women is simple to develop you can read it in the area, in the beach, train and soon. If you did not include much space to bring the actual printed book, you can buy typically the e-book. It is make you better to read it. You can save the particular book in your smart phone. Thus there are a lot of benefits that you will get when one buys this book.

Clara Williams:

Many people spending their time frame by playing outside using friends, fun activity with family or just watching TV the entire day. You can have new activity to enjoy your whole day by looking at a book. Ugh, think reading a book can really hard because you have to use the book everywhere? It ok you can have the e-book, having everywhere you want in your Smartphone. Like Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women which is finding the e-book version. So , try out this book? Let's view.

John Yang:

That book can make you to feel relax. This particular book Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women was vibrant and of course has pictures on there. As we know that book Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women has many kinds or variety. Start from kids until adolescents. For example Naruto or Private investigator Conan you can read and think you are the character on there. So , not at all of book are usually make you bored, any it offers up you feel happy, fun and relax. Try to choose the best book to suit your needs and try to like reading in which.

Download and Read Online Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura #1O9BEP53SL

Read Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura for online ebook

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura books to read online.

Online Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura ebook PDF download

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura Doc

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura Mobipocket

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura EPub

109BEPU53SL: Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura