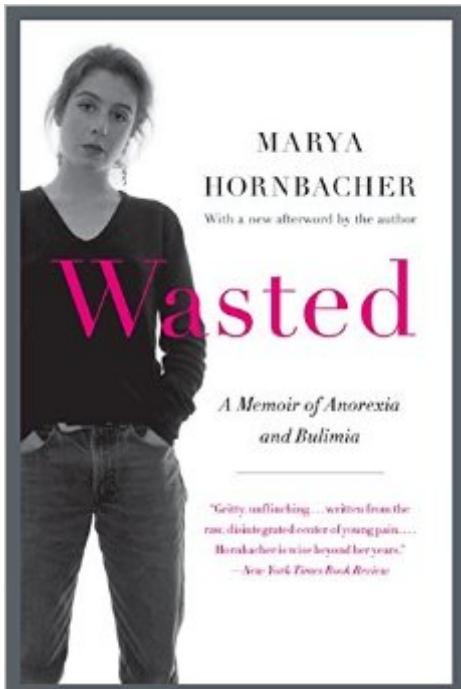


The book was found

# Wasted Updated Edition: A Memoir Of Anorexia And Bulimia (P.S.)



## Synopsis

A classic of psychology and eating disorders, now reissued with an important, and perhaps controversial, new afterword by the author, *Wasted* is New York Times bestselling author Marya Hornbacher's highly acclaimed memoir that chronicles her battle with anorexia and bulimia. Vivid, honest, and emotionally wrenching, *Wasted* is the memoir of how Marya Hornbacher willingly embraced hunger, drugs, sex, and death "until a particularly horrifying bout with anorexia and bulimia in college forever ended the romance of wasting away. In this updated edition, Hornbacher, an authority in the field of eating disorders, argues that recovery is not only possible, it is necessary. But the journey is not easy or guaranteed. With a different ending to her story that adds a contemporary edge, *Wasted* continues to be timely and relevant.

## Book Information

Series: P.S.

Paperback: 336 pages

Publisher: Harper Perennial; Updated edition (May 27, 2014)

Language: English

ISBN-10: 0062327038

ISBN-13: 978-0062327031

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (566 customer reviews)

Best Sellers Rank: #68,147 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #193 in Books > Biographies & Memoirs > Professionals & Academics > Medical #2763 in Books > Biographies & Memoirs > Memoirs

## Customer Reviews

After reading several reviews of Marya Hornbacher's *WASTED*, I feel compelled to respond to the book myself. I have suffered from the consequences of my own bad "habit" of bulimic behavior patterns for the better part of my adult life. A year ago, when this book practically jumped off the shelf into my hands, I read it all in one day. My first reactions to Hornbacher's lucid depiction of the damage she inflicted on herself again and again included anger and disgust: how dare she be so honest about her feelings of being out-of-control, her hideously painful purges, without tacking on a Beverly Hills 90210-like public service announcement at the end of every chapter? I wanted a Hollywood happy ending, not because it would make the book more accurate, but because it would

make me -- and perhaps those around me -- believe that an eating disorder is easy to recover from, that it's not as life threatening as she makes it out to be...that it's not THAT serious. After all, according to some of the reviewers I've read here, psychologically induced suffering is not "real," right? She could just "stop" at any time, couldn't she? Well, maybe...but I don't know many other mentally illnesses (eg: manic depression or obsessive-compulsive disorder or addiction) that tend to disappear quite that simply; such transformations are usually attributed to miracles for a reason. Why do we feel it's necessary to try to quantify others' suffering, anyway? Since our culture tells us that material advantage solves all problems in a snap, maybe it's a bit too much of a bubble-burster for people to contemplate the reality that stands in stark relief against this suggestion without accusing her of self-pity...

[Download to continue reading...](#)

Wasted Updated Edition: A Memoir of Anorexia and Bulimia (P.S.) Hope and Recovery: A Mother-Daughter Story About Anorexia Nervosa, Bulimia, and Manic Depression Anorexia and Bulimia (Perspectives on Diseases and Disorders) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder Treating Bulimia in Adolescents: A Family-Based Approach Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence: 2nd Edition Fault Lines: A Memoir (2nd Edition) (The Cross-Cultural Memoir Series) Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach Hunger for Understanding: A Workbook for helping young people to understand and overcome anorexia nervosa Demystifying Anorexia Nervosa: An Optimistic Guide to Understanding and Healing (Developmental Perspectives in Psychiatry) Anorexia Nervosa and Recovery: A Hunger for Meaning (Haworth Women's Studies) Anorexia (Danger Zone: Dieting and Eating Disorders) Fasting Girls: The History of Anorexia Nervosa Treatment Manual for Anorexia Nervosa: A Family-Based Approach Empty: A Story of Anorexia Anorexia Nervosa (Eating Disorders Book 2)

[Dmca](#)