



Brave Girl Eating: A Family's Struggle with Anorexia

By Harriet Brown

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“One of the most up to date, relevant, and honest accounts of one family’s battle with the life threatening challenges of anorexia. Brown has masterfully woven science, history, and heart throughout this compelling and tender story.”

—Lynn S. Grefe, Chief Executive Officer, National Eating Disorders Association

“As a woman who once knew the grip of a life-controlling eating disorder, I held my breath reading Harriet Brown’s story. As a mother of daughters, I wept for her. Then cheered.”

—Joyce Maynard, author of *Labor Day*

In *Brave Girl Eating*, the chronicle of a family’s struggle with anorexia nervosa, journalist, professor, and author Harriet Brown recounts in mesmerizing and horrifying detail her daughter Kitty’s journey from near-starvation to renewed health. *Brave Girl Eating* is an intimate, shocking, compelling, and ultimately uplifting look at the ravages of a mental illness that affects more than 18 million Americans.

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Brave Girl Eating: A Family's Struggle with Anorexia By Harriet Brown Bibliography

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Editorial Review

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Brown tells the story of her family's battle with anorexia, the "demon" that suddenly possesses her bright, pretty daughter, Kitty. Brown is alternately an introspective and anguished parent and a fierce advocate for the Maudsley approach, a family-based therapy that focuses on restoring the patient to physical health before fully dealing with the psychological challenges he or she faces. Brown carefully amasses facts about anorexia and the effects of starvation in between bouts at the dinner table as Kitty refuses to eat and, occasionally, hides her food. The standoffs are emotionally draining for the entire family, including Kitty's younger sister, Emma, whom Brown worries is also at risk for the disease. At the crux of Brown's affecting and informative memoir is the idea that anorexia can happen to any family and that it can be defeated through determination and love, even though Brown recognizes that permanent success can be elusive. In the end, she knows that all any family can do is try, and that her eldest daughter will not be left to fight her demon alone. --Katherine Boyle

Review

"As a woman who once knew the grip of a life-controlling eating disorder, I held my breath reading Harriet Brown's story. As a mother of daughters, I wept for her. Then cheered." (Joyce Maynard)

"What sets this book apart is the author's incorporation of clinical research findings from the field of eating disorders into the story of one family's struggle . . . [A] compelling story of family strength and an inspiring story for all of us committed to treating individuals with eating disorders." (Evelyn Attia, MD, Director, Center for Eating Disorders, Columbia University Medical Center, Weill Cornell Medical College)

"One of the most up to date, relevant and honest accounts of one family's battle with the life threatening challenges of anorexia. Brown has masterfully woven science, history and heart throughout this compelling and tender story. Brave Girl Eating was fortunate to have one brave family." (Lynn S. Grefe, Chief Executive Officer, National Eating Disorders Association)

"Harriet Brown is an intelligent, elegant writer and this book offers both solace and useful information for families struggling with eating disorders." (Audrey Niffenegger)

From the Back Cover

I've never had anorexia, but I know it well. I see it on the street, in the gaunt and sunken face, the bony chest, the spindly arms of an emaciated woman. I've come to recognize the flat look of despair, the hopelessness that follows, inevitably, from years of starvation. I think: That could have been my daughter. It wasn't. It's not. If I have anything to say about it, it won't be.

In this emotionally resonant and compelling memoir, journalist and professor Harriet Brown takes readers—moment by moment, spoonful by spoonful—through her family's experience with the nightmare of anorexia. A guiding light for anyone touched by this devastating disease, *Brave Girl Eating* is essential reading for families and professionals alike.

Users Review

From reader reviews:

Karole Standley:

Here thing why this kind of Brave Girl Eating: A Family's Struggle with Anorexia are different and trusted to be yours. First of all studying a book is good nevertheless it depends in the content of it which is the content is as yummy as food or not. Brave Girl Eating: A Family's Struggle with Anorexia giving you information deeper and different ways, you can find any publication out there but there is no reserve that similar with Brave Girl Eating: A Family's Struggle with Anorexia. It gives you thrill examining journey, its open up your current eyes about the thing which happened in the world which is might be can be happened around you. You can bring everywhere like in recreation area, café, or even in your technique home by train. In case you are having difficulties in bringing the published book maybe the form of Brave Girl Eating: A Family's Struggle with Anorexia in e-book can be your substitute.

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James Bergeron:

The e-book untitled Brave Girl Eating: A Family's Struggle with Anorexia is the reserve that recommended to you you just read. You can see the quality of the guide content that will be shown to you actually. The language that author use to explained their way of doing something is easily to understand. The article writer was did a lot of analysis when write the book, and so the information that they share to you personally is absolutely accurate. You also will get the e-book of Brave Girl Eating: A Family's Struggle with Anorexia from the publisher to make you considerably more enjoy free time.

Liza Serrano:

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some exploration when he makes this book. That is why this book appropriate all of you.

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