

ANOREXIA AND BULIMIA AUTHOR SPEAKS OUT: "BREAK THE CYCLE"

Veteran author, N.R. Mitgang, speaks out in his online video debut.

<http://youtu.be/GKIuiPO-ZnI> Watch. Listen. Learn. Live better. Break the cycle. "A book that will make you cry and leave you with hope and lifted spirits." "Ira M. Sacker, M.D., internationally acclaimed expert on eating disorders and co-author of *Regaining Your Self* and *Dying to Be Thin* From the best-selling co-author of *Dying to Be Thin*, Marc A. Zimmer, Ph.D. "The Mirror Lied is a heartfelt account of individuals suffering from eating disorders. Their personal stories take the reader through their challenging journey and their life inside and outside the bubble. This insightful, engaging and masterful book is a must-read for individuals suffering from eating disorders and their loved ones." "Judy E. Marshel, Ph.D., RD, nutrition therapist and corporate consultant with a private practice specializing in eating disorders in New York Before she turned twenty, Jessica Gordon was raped by the person entrusted to protect her and nearly killed by her brother, but those events paled in comparison to the life and death struggles she faced for the next twenty-five years. The Mirror Lied chronicles, in personal and often stark terms, Jessica Gordon's decades-long battles with bulimia, anorexia, diet pill addiction, laxative abuse, and cutting. Told in Jessica's voice, and based on extensive interviews with her, the book has been called gripping, compelling, inspirational and heart-wrenching. Readers are pulled into Jessica's world of mistreatment, pain and struggle as they witness her effort to overcome this debilitating disorder. They also meet the people fighting to save her life. "Eating disorders are now a deadly epidemic affecting millions of people in the United States," notes Dr. Marc A. Zimmer, the psychotherapist who treated Jessica and a co-author of the book. "We hope Jessica's story will prevent others from suffering the same fate." Woven throughout her story is important information about the habits and motivations of people trapped in the world of eating disorders. Readers will learn to identify behaviors that point to these complex and confusing disorders and how to provide support. "More must be done to prevent this disease," notes eating disorder expert Ira M. Sacker, M.D. who wrote the book's foreword. "Why? The answer is simple. Once an eating disorder begins, especially if it is left unchecked or improperly treated, it can kill its victim." The Mirror Lied also provides an extensive section of risk assessments, as well as a unique twenty-step program detailing what to do if you find you have an eating disorder. The book is a must read for parents, teenagers, physicians, psychotherapists, academics and anyone who knows someone affected by an eating disorder. AMAZON GALLERY REVIEW (06/04/2011 - Parenting & Families): By Reason of Insanity The title and graphics on cover is exceptionally effective and says it all. It saddened me to tears... This preview is more than just well written, it drives home the thunderous point with gentle persuasion and brutal force without knowing it -- I hope everyone with this debilitating disorder buys their own personal copy as a bible of sort if you will. You write with so much conviction that anyone reading it could not help but be inspired and take heed. Well done! Amazing work... 5 stars Open honest account of eating disorder (August 29, 2011) By K. Mcbain Bikram_Yoga_Chick (SEATTLE, WA, US) Honest memoir about anorexia & bulimia. Really lets the reader get into the head of someone with an eating disorder. A must read for anyone who has gone through or known anyone who has gone through this. It can be very healing to read about someone else's experience.

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