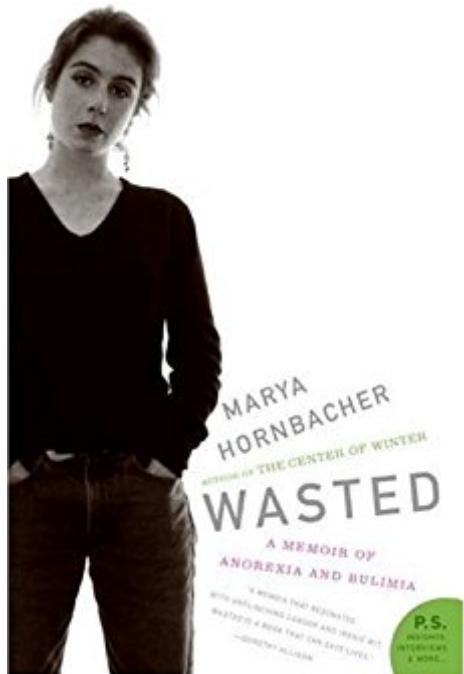


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# Wasted: A Memoir Of Anorexia And Bulimia



## **Synopsis**

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, *Wasted* is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

## **Book Information**

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## **Customer Reviews**

This is a great book on the devastation that is an eating disorder. As an eating disorder survivor myself (albeit one significantly less severe than Ms. Hornbacher's) it paints an accurate and moving account of what it's like to go through something that many don't understand. Hornbacher lays everything out in the open and offers a lot of the brutal, honest, and disturbing truths of having a

constant battle with yourself surrounding one of the most basic human needs, eating. This by no means is a book for the faint of heart, but it's real. If you currently watching a loved one go through an eating disorder, this is a great book to get a brutal understanding of what they're going through. It's not easy to read, but it's the sad reality and hopefully you'll come out of it with a greater appreciation of their struggle.

I am a former bulimic/anorexic. Having said that, I am sure I am not alone in the reality that we who have had this disorder read many accounts of others with the disorder. This one is the least romanticized or glorified or even blame filled. Marya tells the story in all its gore and bitterness. There are no frills no one finishing this book would want to attempt to go down the slippery slope of screwing around with your diet or health. I had never read or been able to describe the "cold" you physically feel as an anorexic. Marya does it so eloquently it put me back to 89 pounds and constantly freezing, even in the winter. The description of the terror of your hair falling out. The description of the terror of little by little killing yourself and the madness of not being able to stop and almost feeling powerful in doing so. Anyone who seeks to see inside the mind of the disorder -or who has been through it and wants to know they weren't the only ones who did some crazy stuff, should read.

And it's an excellent book. I love her writing, she's ultra talented and real. I've read several eating disorder books. Many are teen based and has a lot of angry tones, and they were difficult for me to relate to. In this book, it's not just the rebellious mind but something more complicated... Someone finding herself, finding what is important in life, her growth as a person. I love the way she shows her struggles that began at an early life, her chaotic family and brings you through her journey to become well. One of my all time favorite books.

An amazing, well-written book about Marya Hornbacher's life with eating disorders. This book put into words what I couldn't in a way that makes it so that anybody can read it and sympathize. Marya Hornbacher is an eloquent writer who's detailed books give you front seat tickets for a view of her life as she tumbled through eating disorders and madness. A must read!

As someone suffering from an eating disorder, and an avid bookworm, I enjoyed this book's unromantic view of eating disorders. She uses beautiful words and a lyrical writing style to bring the emotions and images to life in a way that emphasizes the stark reality of starving and vomiting. An

amazing read, I would recommend it to anyone.

Good reading but watch out if you're in recovery, quite triggering

great book. for someone who can relate, this is definitely a great read. i would highly recommend this book to anyone who is interested in learning about what its like to live with this illness or someone who does live with this illness and has since overcome it. Being someone who struggles with ED for over ten years, it almost serves as a how to guide. Some of the things she references I almost wanted to engage in myself. So if you are not in control of your ED, it may be in your best interest to put it down until you are. This book is in no way disguised, it is the realest explanation of feelings and emotions that some with an ED deals with. But I still stick with my original statement that this book is great, one of the best I've read.

This was not a typical novel about anorexia and bulimia, although I can imagine that this was a very hard book to write in the first person. It was very interesting to have it told from her point of view. I would recommend this to anyone curious about these diseases.

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