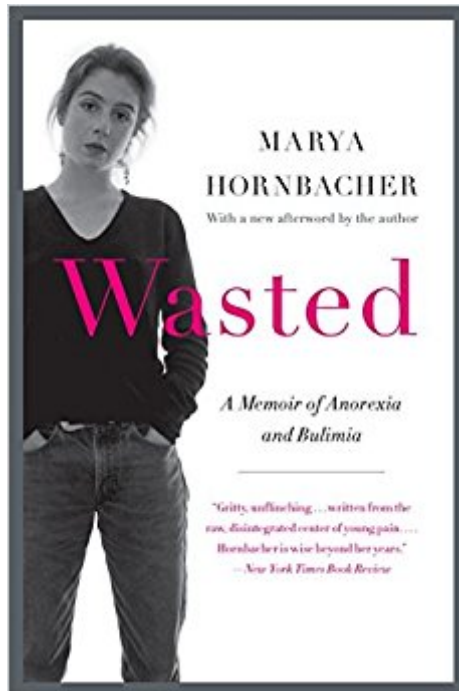




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# **Wasted Updated Edition: A Memoir Of Anorexia And Bulimia (P.S.)**



## 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: 4.2 out of 5 stars 581 customer reviews

Best Sellers Rank: #38,474 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #95 in Books > Biographies & Memoirs > Professionals & Academics > Medical #1318 in Books > Biographies & Memoirs > Memoirs

## Customer Reviews

"I fell for the great American dream, female version, hook, line, and sinker," Marya Hornbacher writes. "I, as many young women do, honest-to-God believed that once I Just Lost a Few Pounds, suddenly I would be a New You, I would have Ken-doll men chasing my thin legs down with bouquets of flowers on the street, I would become rich and famous and glamorous and lose my freckles and become blond and five foot ten." Hornbacher describes in shocking detail her lifelong quest to starve herself to death, to force her short, athletic body to fade away. She remembers telling a friend, at age 4, that she was on a diet. Her bizarre tale includes not only the usual puking and starving, but also being confined to mental hospitals and growing fur (a phenomenon called

lanugo, which nature imposes to keep a body from freezing to death during periods of famine).

--This text refers to an out of print or unavailable edition of this title.

YA-Eating disorders are frequently written about but rarely with such immediacy and candor.

Hornbacher was only 23 years old when she wrote this book so there is no sense of her having distanced herself from the disease or its lingering effects on her. This, combined with her talent for writing, gives readers a real sense of the horror of anorexia and bulimia and their power to dominate an individual's life. The author was bulimic as a fourth grader and anorexic at age 15. She was hospitalized several times and institutionalized once. By 1993 she was attending college and working as a journalist. Her weight had dropped to 52 pounds and doctors in the emergency room gave her only a week to live. She left the hospital, decided she wanted to live, then walked back and signed herself in for treatment. This is not a quick or an easy read. Hornbacher talks about possible causes for the illnesses and describes feeling isolated, being in complete denial, and not wanting to change or fearing change, until she nearly died. Young people will connect with this compelling and authentic story. Patricia Noonan, Prince William Public Library, VA Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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 luring 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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