



Siegel, Michele, Judith Brisman, and Margot Weinschel. *Surviving an Eating Disorder*. New York:HarperCollins Publishers Inc., 1997.

Surviving an Eating Disorder by Michele Siegel, Judith Brisman, and Margot Weinschel offers strategies for families and friends of those with an eating disorder. It is a guide to better understanding eating disorders, their characteristics of anorexia, bulimia, and binge-eating disorder, and how to help a loved one with this illness. This book provides guidelines on how to approach the initial discussion of the eating disorder with the affected person, possible reactions that can occur, and the various treatment options that are available.

Part I

Chapter 1: What you See: *The Behavioral Aspects of an Eating Disorders*

- Definition, signs, symptoms, and progression of anorexia nervosa, bulimia nervosa, and binge-eating disorder
- Who is vulnerable to these eating disorders
- Checklist of visible characteristics (behavioral, physiological, and attitude) of anorexia nervosa, bulimia nervosa, and binge-eating disorder

Chapter 2: Hidden Feelings: *The Psychological Aspects of Eating Disorders*

- The internal conflict and emotional instability inside the individual
- Troublesome feelings: inadequacy, loneliness, fear of relationships and success, anger, and anxiety

Chapter 3: Rules and Relationships: *The Family Context of Eating Disorders*

- The importance of flexibility and change of family rules when they do not work
- Why rules should not affect feelings and the consequences it can have if expression of conflict and emotion are restricted
- Problems that can occur when rules and the roles of individuals in a family inhibit freedom, privacy, and growth

Part II

Chapter 4: No More Secrets: *Bringing it out in the Open*

- Guidelines for how to approach the initial discussion between you and the individual with the eating disorder
- Realistic and attainable goals that should be kept in mind
- Possible reactions from the person with the eating disorder when you confront him/her about the situation
- What to do after the discussion has occurred

Chapter 5: When She Says Nothing is Wrong: *Coping with Denial*

- Deciding which plan of action is appropriate based on who has the eating disorder, his/her compliance to treatment (or non-compliance), and the severity of the situation

Chapter 6: No One Can Go it Alone: *Seeking Help*

- Psychological treatment options including psychotherapy (individual, family, and group) and support/self-help groups for the individual
- Medical treatment possibilities such as seeing an internist, nutritional counseling, medication, and hospitalization (inpatient and intensive outpatient)
- Suggestions for how to evaluate and choose the best therapists(s) and understanding what to expect from therapy
- Help that is available to families, friends, and loved ones of an eating-disordered individual

Part III

Chapter 7: What to do About the Problems with Food: *Practical Advice for Disengaging from the Eating Disorder*

- Rules/tips to help families cope with meals, abnormal eating habits, money/finances and the impact the actions of the eating-disordered person has on others
- Common question and answers regarding household rules, money and finances, eating out, and advice

Chapter 8: When it's Hard to Let Go: *Understanding What Keeps You So Involved*

- Signs of over-involvement and reasons why others try to justify their involvement and why it is difficult to disengage from the issue

Chapter 9: Developing a Healthier Relationship: *Relating to the Person, Not the Eating Disorder*

- Moving beyond food and realizing other aspects of the relationship may need improvement: communication, the balancing of responsibilities, and understanding age-appropriate rights

- The importance of strengthening your relationship with the eating-disordered person by having fun