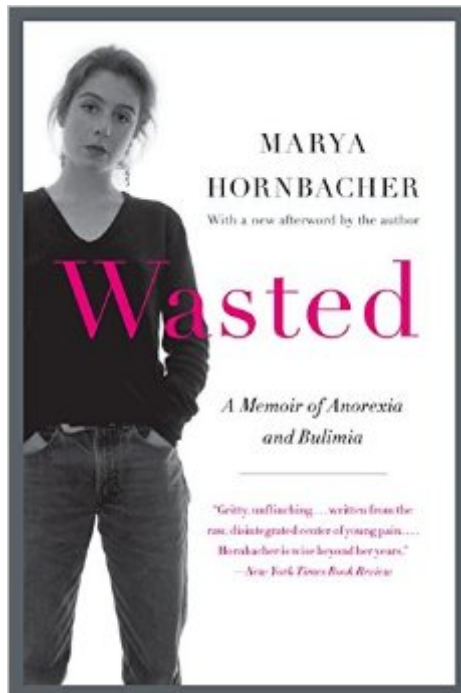


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# Wasted Updated Edition: A Memoir Of Anorexia And Bulimia (P.S.)



## 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

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Average Customer Review: 4.3 out of 5 stars See all reviews (566 customer reviews)

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## Customer Reviews

After reading several reviews of Mayra Hornbacher's *WASTED*, I feel compelled to respond to the book myself. I have suffered from the consequences of my own bad "habit" of bulimic behavior patterns for the better part of my adult life. A year ago, when this book practically jumped off the shelf into my hands, I read it all in one day. My first reactions to Hornbacher's lucid depiction of the damage she inflicted on herself again and again included anger and disgust: how dare she be so honest about her feelings of being out-of-control, her hideously painful purges, without tacking on a Beverly Hills 90210-like public service announcement at the end of every chapter? I wanted a Hollywood happy ending, not because it would make the book more accurate, but because it would

make me -- and perhaps those around me -- believe that an eating disorder is easy to recover from, that it's not as life threatening as she makes it out to be...that it's not THAT serious. After all, according to some of the reviewers I've read here, psychologically induced suffering is not "real," right? She could just "stop" at any time, couldn't she? Well, maybe...but I don't know many other mentally illnesses (eg: manic depression or obsessive-compulsive disorder or addiction) that tend to disappear quite that simply; such transformations are usually attributed to miracles for a reason. Why do we feel it's necessary to try to quantify others' suffering, anyway? Since our culture tells us that material advantage solves all problems in a snap, maybe it's a bit too much of a bubble-burster for people to contemplate the reality that stands in stark relief against this suggestion without accusing her of self-pity...

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