

MY LIFE *as a* MALE ANOREXIC



Michael Krasnow

My Life As A Male Anorexic

Sarah Grogan



My Life As A Male Anorexic:

My Life as a Male Anorexic Michael Krasnow, 2014-04-04 My Life as a Male Anorexic is a uniquely male point of view of anorexia nervosa. It is the autobiographical account of a young man's ongoing struggle with anorexia. Michael shared his story as part of the featured health segment Men Dying to be Thin on WSVN Channel 7 News in Miami, Florida, in May 1997. Michael Krasnow has had anorexia since 1984 and he chronicles his daily struggles, feelings, and experiences in this book. He writes in a relaxed, easygoing manner that makes the book appealing to all readers. While ignoring statistics and not pretending to be an expert on the disorder, Michael simply tells readers what his life is like and how anorexia has affected even controlled it. As of today, Michael has maintained his weight at 75 pounds on a 5 foot 9 inch frame. Anyone who suffers or anyone who knows someone who suffers from anorexia will learn that male anorexia is a serious problem and that there needs to be psychological and medical help for the boys and men who struggle with anorexia. As Michael begins his book, "For years anorexia existed but very few people knew of it. Women who suffered from it did not realize that they were not alone. Eventually, as more became known and anorexia became more publicized, a greater number of women came forward to seek help, no longer feeling that they would be considered strange or outcasts from society. Maybe with the publication of this book, more men with the problem will realize that they are not alone either and that they do not suffer from a woman's disease. They can come forward without worrying about embarrassment." Michael's story will baffle, frustrate, sadden, and irritate readers whether they are interested in the human side of Michael's story, whether they are workers in the medical field (psychologists, psychiatrists, doctors, nurses, aides, social workers, mental health counselors) or whether they are teachers, coworkers, friends, or relatives of a male with anorexia. My Life as a Male Anorexic begins to shed light on the little-known or discussed problem of male anorexia nervosa.

Advances in the Prevention and Management of Obesity and Eating Disorders Amanda Sainsbury, Felipe Q. da Luz, 2018-05-18 This book is a printed edition of the Special Issue Advances in the Prevention and Management of Obesity and Eating Disorders that was published in Behavioral Sciences.

Male Eating Disorders Russell Delderfield, 2018-12-05 This book takes a novel approach to the study of male eating disorders, an area that is often dominated by clinical discourses. The study of eating disorders in men has purportedly suffered from a lack of dedicated attention to personal and socio-cultural aspects. Delderfield tackles this deficiency by spotlighting a set of personal accounts written by a group of men who have experiences of disordered eating. The text presents critical interpretations that aim to situate these experiences in the social and cultural context in which these disorders occur. This discursive work is underpinned by an eclectic scholarly engagement with social psychology and sociology literature around masculinities, embodiment, and fatness, belonging, punishment, stigma, and control, leading to understandings about relationships with food, body, and self. This is undertaken with a reflexive element as the personal intersects with the professional. This text will appeal to students, scholars, and clinicians in social sciences, humanities, and healthcare studies, including public health.

How to

Disappear Completely Kelsey Osgood, 2014-09-30 Eloquent An incredibly realistic portrayal of anorexia The New Yorker She devoured their memoirs and magazine articles committing the most salacious details to memory to learn what it would take to be the very best anorexic When she was hospitalized at fifteen she found herself in an existential wormhole How can one suffer from something one has actively sought out With attuned storytelling and unflinching introspection Kelsey Osgood unpacks the modern myths of anorexia as she chronicles her own rehabilitation How to Disappear Completely is a brave candid and emotionally wrenching memoir that explores the physical internal and social ramifications of eating disorders Osgood vividly portrays the creepy phenomenon of the pro ana movement and the claustrophobic self involved aching lonely world in which young women compete to be perfect anorexics imbued with pathos and tenderness Publishers Weekly What sets Kelsey Osgood's memoir apart from the existing literature on anorexia is the author's commitment to stripping the glamour and romance from the illness Intelligent moving beautifully written Osgood has written a paean to wellness and taken a forthright look at everything that anorexia bastard child of vanity and self loathing took from her life Molly McCloskey author of *Circles Around the Sun* In Search of a Lost Brother Men Writing Eating Disorders Heike Bartel, 2020-12-04 Eating disorders do not only affect women and girls men and boys get them too but remain mostly invisible This book gives insight into this neglected problem through a comparative and transnational analysis of autobiographical accounts written by men with experience of living with eating disorders **Using Literature to Help Troubled Teenagers Cope with Health Issues** Cynthia Ann Bowman, 2000-03-30 Today traditional illnesses and high risk behaviors of adolescents have become interrelated through the multitude of physical social and emotional changes young people experience Good literature which gives adolescents the truth has incredible power to heal and to renew This reference resource provides a link for teachers media specialists parents and other adults to those novels that can help adolescents struggling with health issues Educators and therapists explore novels where common health issues are addressed in ways to captivate teens Using fictional characters these experts provide guidance on encouraging adolescents to cope while improving their reading and writing skills With the advancement in medicine traditional types of health issues such as birth defects cancer and sensory impairment have shifted to more behavior related problems such as depression alcoholism and eating disorders All of these issues and others are examined from both a literary and psychological perspective in thirteen chapters that explore health issues through fiction Each chapter confronts a different health issue and is written by a literature specialist who has teamed up with a therapist In each novel these experts define the central character's struggle in coming to terms with an issue and growing in response to their difficulties Annotated bibliographies of other works both fiction and nonfiction explore these same issues give readers insight into helping teenagers with similar problems and provide the tools with which to get teenagers reading and addressing these problems **The Sex-Starved Wife** Michele Weiner Davis, 2008-12-30 Arguing against popular misconceptions that blame women for unfulfilling sexual relationships a

practical guide identifies the biological and psychological factors that compromise a man's sex drive while suggesting practical strategies for promoting healthier levels of intimacy

Anorexia and Bulimia Elizabeth Silverthorne, 2009-09-22 While we often think of eating disorders in their physical sense they are serious mental illnesses The sooner someone gets the treatment he or she needs the better the chance of a good recovery It is important that we talk about these deadly disorders and that teens have sources of helpful information Author Elizabeth Silverthorne provides young readers and researchers a means of understanding these ailments and their ramifications Readers are provided with essential insight into what eating disorders are what causes them and how people live with them They will learn about effective treatment and prevention as well

Writing Size Zero Isabelle Meuret, 2007 Like hysteria anorexia is a fin de siècle pathology which fascinates and has reached epidemic proportions at the turn of the millennium Parallel to the development of the phenomenon an important body of experiential texts has revealed its presence in various parts of the world While the medical discourse is still struggling with this conundrum literature gives way to different interpretations by revealing the interconnectedness between writing and starving Both signifying practices are experiences of the limit where fluxes of particles food words are in constant interaction Unlike most contemporary readings of anorexia this book offers an original insight into the creative process inherent to the pathology which the author calls Writing Size Zero Body of writing and writing of the body as found in western and post colonial texts delineate an in between space producing new epistemologies Through a close reading of the semiotics of self starvation the author debunks the myth of anorexia as a mental disease of the West and insists on the variety of expressions and figurations inherent to the pathology By providing a meaning to self starvation writing gives anorexia its ethics

Body Image Sarah Grogan, 2002-01-04 Sarah Grogan presents original data from interviews with men women and children to complement existing research and provides a comprehensive investigation of cultural influences on body image

So Much Wasted Patrick Anderson, 2010-10-25 An analysis of self starvation as a significant mode of staging political arguments across the institutional domains of the clinic the gallery and the prison

Men and Masculinity Caroline Sweetman, 1997-01-01 Children Patrice L Engle

Diets and Dieting Sander L. Gilman, 2008-01-23 Diets and dieting have concerned and sometimes obsessed human societies for centuries The dieters regime is about many things among them the control of weight and the body the politics of beauty discipline and even self harm personal and societal demands for improved health spiritual harmony with the universe and ethical codes of existence In this innovative reference work that spans many periods and cultures the acclaimed cultural and medical historian Sander L Gilman lays out the history of diets and dieting in a fascinating series of articles

Going Hungry Kate M. Taylor, 2008-09-09 Here collected for the first time 19 writers describe their eating disorders from the distance of recovery exposing as never before the anorexic's self enclosed world This anthology lends remarkable texture to a subject that has been too often sensationalized and oversimplified The New York Times Taking up issues including depression genetics

sexuality sports religion fashion and family these essays examine the role anorexia plays in a young person's search for direction Powerful and immensely informative this collection makes accessible the mindset of a disease that has long been misunderstood With essays by Priscilla Becker Francesca Lia Block Maya Browne Jennifer Egan Clara Elliot Amanda Fortini Louise Glück Latria Graham Francine du Plessix Gray Trisha Gura Sarah Haight Lisa Halliday Elizabeth Kadetsky Maura Kelly Ilana Kurshan Joyce Maynard John Nolan Rudy Ruiz and Kate Taylor **Eating Disorders** Myra Immell, 1999 This book covers a variety of topics integral to understanding eating disorders from symptoms to causes to the emotional social and physical impact of the disorders to treatment and recovery **The Oxford Handbook of Philosophy and Psychiatry** KWM Fulford, Martin Davies, Richard Gipps, George Graham, John Sadler, Giovanni Stanghellini, Tim Thornton, 2013-07-04 Philosophy has much to offer psychiatry not least regarding ethical issues but also issues regarding the mind identity values and volition This has become only more important as we have witnessed the growth and power of the pharmaceutical industry accompanied by developments in the neurosciences However too few practising psychiatrists are familiar with the literature in this area The Oxford Handbook of Philosophy and Psychiatry offers the most comprehensive reference resource for this area ever published It assembles challenging and insightful contributions from key philosophers and others to the interactive fields of philosophy and psychiatry Each contribution is original stimulating thorough and clearly and engagingly written with no potentially significant philosophical stone left unturned Broad in scope the book includes coverage of several areas of philosophy including philosophy of mind science and ethics For philosophers and psychiatrists The Oxford Handbook of Philosophy and Psychiatry is a landmark publication in the field one that will be of value to both students and researchers in this rapidly growing area **Madness: A Biography** Paul Fallon, 2019-07-12 This exciting new book explores the history of major mental disorders by looking at a wide range of historical and contemporary figures that have experienced mental illness It discusses changing perceptions of mental illness and the treatments used at different historical periods from antiquity to the present day via the biographical sketches Depression Henny H. Kim, 1999 Experts estimate that as many as 18 million Americans suffer from depression The essays included in this volume present a general introduction to the various types of depression current and potential treatments for the disorder and the way in which depression affects its victims and their families **Love, Loosha** Lucia Berlin, Kenward Elmslie, 2022-11 Love Loosha is the extraordinary collection of letters between Lucia Berlin and her dear friend the poet and Broadway lyricist Kenward Elmslie *The Anorexic Self* Paula Saukko, 2008-05-08 Critically examines diagnostic and popular discourses on eating disorders

Enjoying the Beat of Term: An Psychological Symphony within **My Life As A Male Anorexic**

In some sort of eaten by screens and the ceaseless chatter of instantaneous conversation, the melodic beauty and emotional symphony developed by the prepared term usually diminish into the backdrop, eclipsed by the persistent noise and disruptions that permeate our lives. However, situated within the pages of **My Life As A Male Anorexic** an enchanting fictional treasure filled with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this charming masterpiece conducts viewers on an emotional journey, skillfully unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths of this emotional evaluation, we can explore the book is main harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Table of Contents My Life As A Male Anorexic

1. Understanding the eBook My Life As A Male Anorexic
 - The Rise of Digital Reading My Life As A Male Anorexic
 - Advantages of eBooks Over Traditional Books
2. Identifying My Life As A Male Anorexic
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an My Life As A Male Anorexic
 - User-Friendly Interface
4. Exploring eBook Recommendations from My Life As A Male Anorexic
 - Personalized Recommendations

- My Life As A Male Anorexic User Reviews and Ratings
- My Life As A Male Anorexic and Bestseller Lists
- 5. Accessing My Life As A Male Anorexic Free and Paid eBooks
 - My Life As A Male Anorexic Public Domain eBooks
 - My Life As A Male Anorexic eBook Subscription Services
 - My Life As A Male Anorexic Budget-Friendly Options
- 6. Navigating My Life As A Male Anorexic eBook Formats
 - ePub, PDF, MOBI, and More
 - My Life As A Male Anorexic Compatibility with Devices
 - My Life As A Male Anorexic Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of My Life As A Male Anorexic
 - Highlighting and Note-Taking My Life As A Male Anorexic
 - Interactive Elements My Life As A Male Anorexic
- 8. Staying Engaged with My Life As A Male Anorexic
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers My Life As A Male Anorexic
- 9. Balancing eBooks and Physical Books My Life As A Male Anorexic
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection My Life As A Male Anorexic
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine My Life As A Male Anorexic
 - Setting Reading Goals My Life As A Male Anorexic
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of My Life As A Male Anorexic
 - Fact-Checking eBook Content of My Life As A Male Anorexic

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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