



Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women

By Trisha, PhD Gura



Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women By Trisha, PhD Gura

A girl with an eating disorder grows up. And then what?

In this groundbreaking new book, science journalist Trisha Gura, Ph.D., explodes the myth that those who suffer from eating disorders, including anorexia nervosa and bulimia nervosa, are primarily teenage girls. In reality, these diseases linger from adolescence or emerge anew in the lives of adult women in ways that we are only starting to recognize.

Millions of American women twenty-five and older suffer from serious food issues, from obsessions with calorie counting to compulsions to starve then overeat. Because of the assumption that age provides eating-disordered immunity, the medical and mental health communities have long overlooked these women and minimized their dangerous habits. Yet the number of women in their thirties, forties, and older now seeking treatment is double and triple that of five years ago. The growing awareness of this understudied population is raising relevant questions: How does an adult woman's eating disorder affect her choice of a husband—or his choice of her? How does she cope with her expanding body during pregnancy? How does she feed her children when she cannot properly feed herself? And how does she weather aging in a culture that informs all women that they can never be too old to be too thin?

Drawing on her own experience with anorexia, the most up-to-date research, and extensive interviews with clinicians and sufferers, Gura addresses these concerns and concludes that eating disorders, at least some vestiges of them, tend to lie dormant throughout a woman's life. Eating disorders in adults may not replicate those of adolescents and tend to emerge at the most vulnerable periods in a woman's life—marriage, the birth of a child, stress from child rearing, marital difficulties, depression, and menopause. Though the media may tell us that the girl with an eating disorder overcomes her demons with age and hard work, the reality is that she often doesn't. A girl with an eating disorder is a woman prone to relapse.

Lying in Weight is a startling, timely, and imperative investigation of eating

disorders "all grown up." Women are suffering from a hidden, horrid, and life-threatening epidemic. This book is a shot across the bow to confront the problem and address the real issues. Isn't it time to end the suffering?

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Editorial Review

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Science writer Gura believes that the best estimates of people with an eating disorder--25 to 30 million, according to the National Eating Disorders Association--may be off by millions. Many more, she says, have what she calls "subthreshold" eating disorders. That is, their symptoms, for one reason or another, fall just outside the standards set by the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders*. Which doesn't mean they're not overly obsessed with their bodies, or don't adhere to dangerous dietary and/or exercise practices. It does mean that these women may be ignored because they're usually older than 25, hence commonly believed immune from such illnesses as anorexia nervosa and bulimia. Indeed, Gura notes that when symptoms diagnosed as an eating disorder in an adolescent appear in a mature woman, they're often written off by physicians as something else and go untreated. The result, she fears, threatens the woman's health. Including steps for self-diagnosis and self-healing, Gura proffers helpful counsel to those willing to heed it. *Donna Chavez*

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Review

"Informed with personal passion and scientific insight. . . . Gura's book is highly recommended." (Library Journal)

"Gura proffers helpful counsel to those willing to heed it." (Booklist)

"Well-researched...Gura explores the issue [of eating disorders] with insight and empathy." (Bust Magazine)

About the Author

Trisha Gura, Ph.D., has written extensively for such publications as *Science*, *Nature*, *Scientific American*, the *Chicago Tribune*, *Prevention*, *Child, Health*, and *Parents*. She holds a Ph.D. in molecular biology and is a Resident Scholar at Brandeis University near Boston, Massachusetts.

Users Review

From reader reviews:

Mary Flynn:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite book and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled *Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women*. Try to stumble through book *Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women* as your pal. It means that it can for being your friend when you sense alone and beside associated with course make you smarter than before. Yeah, it is very fortuned for yourself. The book makes you considerably more confidence because you can know almost everything by the book. So , we should make new experience in addition to knowledge with this book.

Keesha Marks:

The guide with title Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women possesses a lot of information that you can learn it. You can get a lot of profit after read this book. This kind of book exist new information the information that exist in this reserve represented the condition of the world currently. That is important to you to know how the improvement of the world. That book will bring you within new era of the globalization. You can read the e-book on your own smart phone, so you can read this anywhere you want.

David Conover:

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Devin Glass:

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