

The Revolutionary New Approach to Understanding
and Curing Anorexia and Bulimia



THE SECRET LANGUAGE OF EATING DISORDERS

Secret Language Of Eating Disorders

Victor M. Corman



Secret Language Of Eating Disorders:

The Secret Language of Eating Disorders Peggy Claude-Pierre, 1997 I feel so dirty hopeless no good fat scared a failure I don't deserve to live My daughter is 5'8 and 60 pounds She won't comply with anyone She has ruined the family I can't be cured I'm too bad I'm going to have to deal with this the rest of my life My doctor told me that I don't want to grow up I hate myself for being the cause of all of this I don't want my daughter to die They say we are a dysfunctional family but we don't fight and we love our daughter Surely something can be done All of these statements are based on myths and misconceptions about anorexia and bulimia Unfortunately these myths and others not only deepen the suffering of victims of eating disorders but shape how we regard and treat those victims If you are a parent family member loved one or caregiver of a victim or a victim yourself you know the punishing pain and sense of hopelessness caused by eating disorders Now an extraordinary new book offers new hope and help to all whose lives are threatened by these scourges In The Secret Language of Eating Disorders Peggy Claude Pierre founder of the world renowned eating disorders program at the Montreaux Clinic in Victoria Canada puts these damaging myths to rest and reveals her groundbreaking theories on the ultimate cure for illnesses that current medicine treats with little success Peggy Claude Pierre developed her unique insights into eating disorders through successfully treating her own two anorexic daughters and hundreds of acutely ill patients at Montreaux which specializes in treating victims near death whom doctors and hospitals haven't helped She became convinced that eating disorders stem from a complex negative mindset Often established at birth it causes sufferers to feel an overwhelming sense of worthlessness that frequently results in a slow process of self destruction It is Peggy Claude Pierre's conviction that this mindset and the resulting eating disorder can be permanently reversed through a program based on unconditional love regard positive reinforcement easing of the victim's burdens of blame and responsibility and objectivity training In The Secret Language of Eating Disorders Claude Pierre details her theories on the true causes of anorexia and bulimia and lays out the basis of the Montreaux program which has an astonishingly high success rate curing even the gravest cases She describes the origins of the negative mindset and the five stages of recovery from eating disorders spotlights the special challenges of coping with them at home and offers clear practical guidelines to working effectively with health professionals She also shares the voices of dozens of former patients who offer their own stories of recovery as inspiration to victims their families and loved ones Peggy Claude Pierre's heartfelt message of hope is that eating disorders can be cured not merely managed and that deep within every person suffering from these illnesses is a loving deserving soul who can and should be saved As Peggy Claude Pierre writes to victims You are not failures at life merely at understanding your own value Soon professionals across the globe will discontinue treating the symptoms of eating disorders as the cause This powerful compassionate book will revolutionize the way we think about eating disorders and their victims It will literally save lives

Eating Disorders Raymond Lemberg, Leigh Cohn, 1999 Offers a collection of articles which discuss the causes symptoms

health and psychological effects and treatments of eating disorders and provides a directory of facilities and programs designed to help people with these disorders *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

Counseling Through Your Bible Handbook June Hunt,2008-03-15 June shows us how to use biblical truth to change minds hearts and lives Dr Mark L Bailey President Dallas Theological Seminary Bestselling author June Hunt s *Biblical Counseling Handbook* is now available in hardcover This powerful resource is based on many years of careful research thousands of counseling phone calls and countless hundreds of pages of written resources produced by Hope for the Heart This 450 page handbook brings together the very best of June s extraordinary counseling ministry which has offered Christ centered hope and guidance to people around the world The 50 chapters deal with the most pressing issues people face today and offer practical solutions firmly based on Scripture Among the topics are anger adultery fear phobias alcohol drug abuse guilt grief codependency cults rejection rape depression divorce self worth suicide Readers will want to keep this life changing resource handy alongside their Bibles Understanding Recovery from Eating Disorders Toni L. Rocha,1999-12-15 Discusses

different eating disorders including bulimia anorexia and compulsive exercise Also describes some of the warning signals and physical symptoms of each disorder and the recovery process **The Secret Language of Eating Disorders** Peggy Claude-Pierre,1998-11-17 Self Help Women s Health Acclaim for Peggy Claude Pierre s *The Secret Language of Eating Disorders* Peggy Claude Pierre has gone beyond the surface of eating disorders to discover their true causes and then present a valid and healing path In this extremely constructive book she offers incredible insights into the mind of the sufferer and the myths of eating disorders Keith J Karren Ph D Department Chair Health Sciences Brigham Young University Peggy Claude Pierre is a warrior ferocious and relentless whose work has rescued a decade of sufferers Edward Feller M D F A C P Clinical Associate Professor of Medicine Brown University School of Medicine Peggy Claude Pierre has created a paradigm shift in the way we view and treat anorexia Peggy has shifted the focus of care from that of controlling the symptoms of disordered eating to healing the negativity that would otherwise plague the individual for the rest of his or her life I have developed the utmost respect for her for I realize that she has translated the secret language of anorexia Now it is up to us to use the knowledge she has revealed Daniel J Smith M D Peggy Claude Pierre s work begins where attachment to the limiting obstacles of theory end She has brought back from the dead many young lives the world deemed hopeless There are many who possess the title of doctor who have never come close to her incredible example of the selfless healer Craig T

Pratt M D Chief Division of Addiction Medicine Grant Riverside Methodist Hospital From the Trade Paperback edition

Contextualising Eating Disorders Bernard Guerin, Millie Tait, Scarlett Kraehe, Nikia Bailey, 2024-06-18 This book rethinks the diagnosis and treatment of eating disorders by putting the spotlight on their social and societal contexts examining how these behaviours are shaped by the difficult life conditions of those suffering Drawing on the lived experiences of nine women this book uses in depth case studies and interviews to discuss eating disorders with a Social Contextual Analysis framework It prioritises the women s own voices about their life conditions and recovery to explore the behaviour of unusual eating patterns The book identifies common social properties across the nine women which will become essential context when considering treatment and therapy for unusual eating Through this more compassionate approach readers are presented with a detailed example of new ways to analyse and treat the behaviours of mental health and therapy outside of a DSM diagnosis Contextualising Eating Disorders is unique in its focus on giving priority to women s voices and the social contexts behind unusual eating and will be highly relevant for all professionals working with those with unusual eating patterns as well as students and academics in the fields of social psychology and mental health This book will also benefit those who themselves are suffering from unusual eating patterns they might not understand Canadian Books in Print. Author and Title Index ,1975 The Secret Language of Eating Disorders Peggy Claude-Pierre, 1998-12-29 A provocative new analysis Newsweek that offers a true path to healing eating disorders In this approachable look at the complex topic of eating disorders Peggy Claude Pierre examines the common misconceptions around anorexia and bulimia to discover the true causes and shares a groundbreaking path to healing A gripping often chilling view of what it s like to battle these horrific diseases Newsweek **The Creative Therapies and Eating Disorders** Stephanie L. Brooke, 2008 Creative Therapies with Eating Disorders is a comprehensive work that examines the use of art play music dance movement drama and spirituality to treatment issues relating to eating disturbance The author s primary purpose is to examine treatment approaches which cover the broad spectrum of the creative art therapies The collection of chapters is written by renowned well credentialed and professional creative art therapists in the areas of art play music dance movement and drama In addition some of the chapters are complimented with photographs of client art work diagrams and Secret Language of Eating Disorders Random House Australia, 1999-06-01 **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 *Eating Disorders* Dorothea Hindmarch, 2000 This book provides the reader with a wide understanding of the conditions of anorexia and bullimia The author brings together a range of perspectives across the various treatment approaches including nursing psychotherapy and family therapy American Book Publishing Record ,1997-09 **Eating Disorders** Diane Yancey, 1999 When she entered high school Hannah decided she needed to control her appetite and went on a diet for the first time She successfully shed 10 pounds 4 5 kilograms and was proud of her loss even

though none of her friends seemed to notice I didn't let it show but I was hurt They paid attention to other more expressive people even commented on how skinny other girls were It made me feel invisible Even though Hannah was attractive and popular the distorted image she had of her own body helped her along the path toward an eating disorder She is one of several teenagers you will meet in this book who resorted to dieting starvation and bingeing and purging to control their weight Because of pressures from family friends coaches and others not to mention those applied by society itself that to be successful and attractive you must have a certain body type teens like Hannah are susceptible to the development of eating disorders This book clearly outlines the various disorders and explores the warning signs of their onset as well as how they are diagnosed and treated It also helps clarify who is at risk and suggests why this may be so Eating disorders are a serious manifestation of the real pressures that young people feel every day The good news is that with knowledge awareness and treatment appropriate to each young person a healthy relationship with food and a healthy way of life can be reclaimed

The Owner's Manual for the Brain Pierce J. Howard, 2000 Since the first edition of The Owner's Manual Dr Howard has appeared on Oprah conducted countless seminars and added new topics and 300 pages of new brain research to the book

Book Review Index, 2003 Vols 8 10 of the 1965 1984 master cumulation constitute a title index **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 **The Cumulative Book Index**, 1997 A world list of books in the English language Psychology and Mental Health: Abnormality-Grief and guilt Jaclyn Rodriguez, 2001

Secret Language Of Eating Disorders: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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