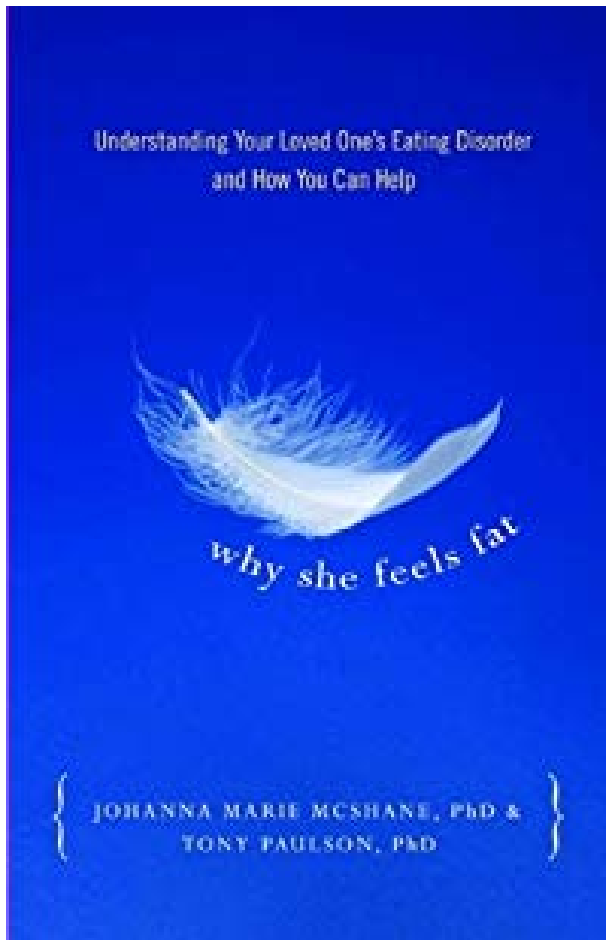


# Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help



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Eating disorders are serious, life-threatening illnesses that often make no sense to family and friends. But to the person involved they make a lot of sense, and are, in fact, a way of coping with life. Sprinkled with over 100 quotes from recovering individuals, *Why She Feels Fat* explores eating disorders from the inside out to convey the emotional experience and perspectives of those who have them. Decoding the deeper meaning of the statement “I feel fat” is at the heart of this simple and straightforward book that also includes basic information about eating disorders, such as signs, symptoms, medical complications, causes, approaches to treatment, and stages of recovery.