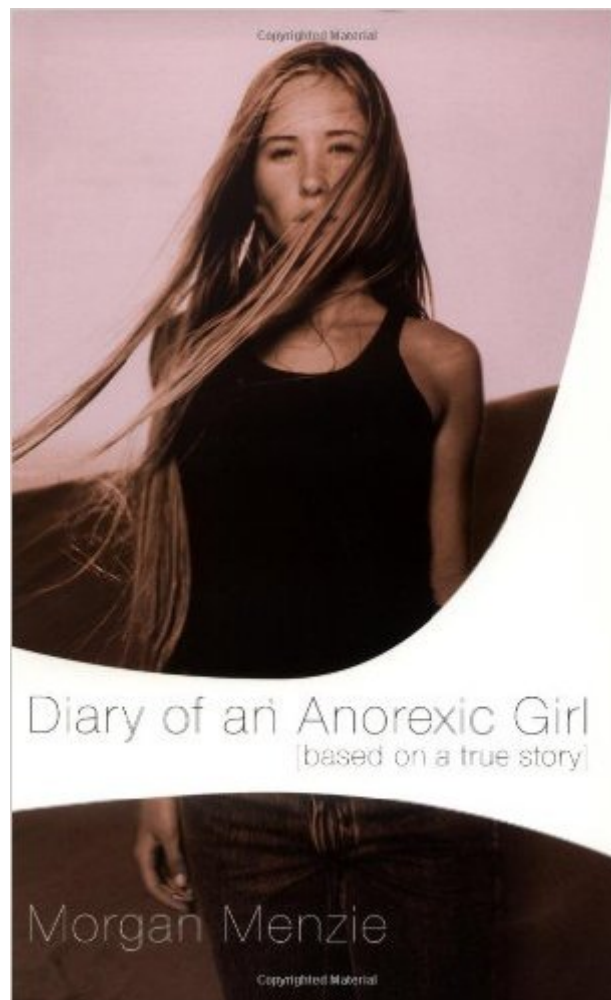


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# Diary Of An Anorexic Girl



## Synopsis

Morgan Menzie takes readers through a harrowing but ultimately hopeful and inspiring account of her eating disorder. Her amazing story is told through the journals she kept during her daily struggle with this addiction and disease. Her triumphs and tragedies all unfold together in this beautiful story of God's grace. Features include: daily eating schedule, journal entries, prayers to God, poems, and what she wished she knew at the time. It's the true story of victory over a disease that is killing America's youth.

## Book Information

Paperback: 192 pages

Publisher: Thomas Nelson (April 14, 2003)

Language: English

ISBN-10: 0849944058

ISBN-13: 978-0849944055

Product Dimensions: 5.6 x 0.5 x 8.6 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #596,742 in Books (See Top 100 in Books) #7 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #639 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #2703 in [Books > Christian Books & Bibles > Christian Living > Self Help](#)

## Customer Reviews

This book provided amazing insight into the life of a girl struggling with an eating disorder. It not only allows the reader to gain understanding of the complicated issues that are part of an eating disorder, but also portrays the other aspects of the girl's life and how they are affected. What makes this book truly enjoyable to read, however, is the witty style and the clever prose with which it was written. The young girl's comically melodramatic personality and wisdom beyond her years shine through in each journal entry. Through the pages, Morgan Menzie materializes and leads the reader through a tearful, yet laughter-filled journey of her adolescence. This book is definitely one of those books where the reader sits down and reads until she is finished, and even then is somewhat saddened to have reached the last page.

Although the book is fictional, it is based on the author's real-life experiences. This makes it more

realistic than quite a lot of fictional books. The story is written in the style of a diary, from the point of view of Blythe. At the outset, she is 13, but gradually gets older as the book progresses. It is set in America. I don't want to give too much away about the plot, but Blythe's problems begin when she starts to compete with Laurie, another girl in her year who has anorexia. It spirals from there. I would recommend this book to both teenagers and adults as it's very good for an afternoon's reading. It's not too heavy, either.

"Diary of an Anorexic Girl" by Morgan Menzie is a novel, but it is based on the author's own life and the journal she kept as she struggled and finally succeeded in beating the addiction. I know the intended audience is young adults, but I think adults will gain a lot of understanding from hearing what anorexia is like from someone who has it. The best part of the story is the strength that Blythe draws from her faith in God and how that faith ultimately leads to her triumph. If you are anorexic, or have a family member or friend who is, or simply want to know more about what it is like to have this disorder, this book can open your eyes.

After reading Lori Gottlieb's *STICK FIGURE: A DIARY OF MY FORMER SELF*, I didn't think I'd find another collection of diaries that spoke about anorexia with such honesty and compassion. I've struggled with anorexia, and both books (*STICK FIGURE* and this one) have been by my bedside because I find it helpful and comforting to read parts of them over and over. I strongly recommend both books for not just anorexics, but for families and friends who truly want to understand the experience and what they can do to help.

My friend asked for this book as a birthday present. When I went to buy it, I read the back and wanted to read it for myself. I ended up reading the whole book (after I gave it to my friend) within 2 and a half hours. This book was definitely a page turner. I have known people (my grandma and my mother) that were anorexic, and they have read it as well, and liked it. The story line seems very real. It's a definite must read!

I would disagree wholeheartedly with the reviewer who said that they were hoping for a "traumatic account." This is an honest, moving account that still manages to be humorous at points. No one wants to read a depressing, whiny book like the previous reviewer seemed to want. If you want a thoughtful book that will make you both laugh and cry, this is it. Highly recommended for those who have friends or family battling eating disorders.

This book was great. It tells of the struggles of a girl with anorexia--but not in a cliched sort of way. There is a true, honest voice here, and being anorexic myself, I could relate to many parts it. The competitive side of an anorexic is accurately portrayed, and it gives good insight into the anorexic thought process. Highly recommended.

Morgan Menzie's book was the first diary of an eating disorder I read, and is the reason why I continue to read more ED books. She unlike many ED authors talked about things other than just her eating disorder, such as relationships with friends, family and boyfriends. It's not a book that's all about anorexia but does emphasize more so than other subjects in her diary. In her book, I believe she covers about mmm... three or four years, I really can't remember. Anyway it's a long period of time. One thing that she does that annoys the heck out of me is that she'll skip a whole month of entries but I guess that's the author's way of cutting out insignificant things. Basically a girl named Blythe, which I think maybe be her middle name, becomes anorexic in middle school because of a friend. One of her friends begins to lose weight and Blythe decides she wants to lose too. But it goes beyond losing weight it becomes a desire for thinness, and a fear of food. Another thing I love about this book is Morgan keeps it so real. She said one of the- the truest thing EVER published about our human ways. It's on page 49 and is the...um... 4th paragraph I believe since the book is copy written I don't want to post it without permission. But what she says in that paragraph is so overwhelmingly true that I had to put down the book and think about my life. Although what she says is completely irrelevant to her eating disorder I couldn't write this review without reference to that paragraph. Would I recommend it? Heck yeah! To anyone, even if you're not anorexic or never have been, even if you think the disease is stupid, anyone should get this book. Recoverees, have-beens, thinking about it and never-will-bees, get the book. You'll understand what it's like to have the disease for this one girl and may have a whole new outlook on anorexia.

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