

Perfect Anorexia And Me

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Perfect Anorexia And Me

ANOREXIA is often assumed to be a teenage condition, so when Abi Reynolds found herself in its grip at 32, she didn't know where to turn. She tells us about her battle to find the right support.

Anorexia: Woman tells how eating disorder can strike at any age

There's nothing worse than telling a young lady with severe, life-threatening anorexia I cannot buy her food.' ...

'A perfect storm of horrible': A single mother, whose daughter has anorexia, lost her unemployment benefits — now the rent is due

It's called "other-oriented perfectionism," and it can have a negative effect on children. Here's why it happens and how to mitigate it ...

The psychological toll of wanting your kid to be "perfect"

Content Notice: this article contains detailed discussion of eating disorders, including mentions of anorexia and binge eating. For many people, the first time you sleep away from ...

From beginning to end: living with an eating disorder

This is so true ! I personally know women that this happened to. They chased the men and started a relationship with them. The women ended ...

Why Christian woman are not supposed to chase men

This article discusses disordered eating in a way that some readers may find distressing. I'm a 19-year-old Indian Australian who has struggled with anorexia. I think this is the first time I've ever ...

It Took Me Years To Realise That Racism Was Fuelling My Eating Disorder

A Memoir of Food and Family, a reflection on motherhood, friendship, and women making their mark on the world of food. This excerpt contains detailed discussions of disordered eating. The cheese was ...

Falling in Love With the Fascinating World of Cheese Helped Me Confront My Disordered Eating

Since having the stroke and having to basically relearn to walk, I'm much more appreciative and aware of the miracle of the seemingly simple capabilities of the human body (and mind) and less likely ...

Psychology Today

Print Editor Kitty Grant reflects on how the social media landscape has changed in past decade through the lens of arguably the most influential one of all, Tumblr ...

A Tumblr Retrospective: My Experience

Joanne McNally is in Battersea, in the basement of the London home of her friend and podcast co-host, Irish model and television presenter Vogue Williams. To be specific, she's sitting in her friend's ...

Joanne McNally: 'I'm freezing everything. My face. My eggs'

The Trusty Little Opener." Gerard the Can Opener was a dreamer. He wanted to open BIG things. BIGGER things. The BIGGEST things! But all he ever got to open was, uh, beans? Corn? Tuna? You had to give ...

The Mom of Bold Action

Tyson is the perfect companion for a relaxing night or a lazy afternoon. While its THC levels can reach up to 21%, it is versatile enough to accommodate first-timers. Sadly, since its introduction in ...

Tyson Strain

There are about 4,000 movies on Netflix, according to Up Next by Reelgood. No one can be expected to watch all those movies, but here are a few of my favorites. "The Game" (1997) This two-hour mystery ...

5 Hidden Gems on Netflix

Editorial Boards recommends...educational and recreational ...

What the Daily Read this Summer!

Together, both parents produced Dance World – one of the few strains within the marijuana industry that boasts a nearly 1:1 THC to CBD ratio. While its use is mainly medical, Dance World remains ...

Dance World Strain

These days, Metallica's self-titled fifth LP (aka the Black Album) is hailed as a bona fide classic. Quite admirable, considering how upon its 1991 release date, diehard fans spread buyer's remorse ...

30 Artists Reflect on Metallica's Black Album Turning 30

A new Penguin collection of the American poet's work brilliantly showcases the spare beauty of her writing ...

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