



My Thin Excuse: Understanding, Recognizing, and Overcoming Eating Disorders

Lisa Messinger, Merle Cantor Goldberg

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Chronicling her life from age fifteen to twenty-two, aspiring writer Lisa Messinger captured on paper the evolution of her eating disorder, from its development to its eventual treatment. Interspersed throughout this fascinating story, eating-disorder expert and psychotherapist Merle Cantor Goldberg provides insights into Lisa's struggle and ultimate victory.

Lisa tells of her unwavering need to excel in school and in her career. She also describes her compulsion to record every calorie consumed, every pound gained and lost, as her obsession took control of her life. While Lisa's journey offers a unique view of the nature of eating disorders, Ms. Goldberg helps identify the causes and signs of the problem, as well as the paths toward recovery. *My Thin Excuse* can make a crucial difference in the lives of all who suffer from this dangerous disorder.

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