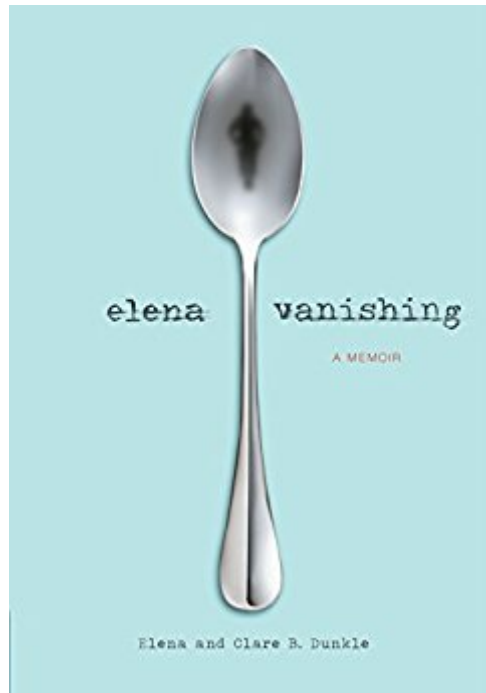




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# Elena Vanishing: A Memoir



## Synopsis

Seventeen-year-old Elena is vanishing. Every day means renewed determination, so every day means fewer calories. This is the story of a girl whose armor against anxiety becomes artillery against herself as she battles on both sides of a lose-lose war in a struggle with anorexia. Told entirely from Elena's perspective over a five-year period and cowritten with her mother, award-winning author Clare B. Dunkle, Elena's memoir is a fascinating and intimate look at a deadly disease, and a must read for anyone who knows someone suffering from an eating disorder.

## Book Information

File Size: 4074 KB

Print Length: 298 pages

Publisher: Chronicle Books LLC (May 19, 2015)

Publication Date: May 19, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00PMUG4AS

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #96,965 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1

in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #3 in Kindle Store > Kindle eBooks > Children's eBooks > Growing Up & Facts of Life > Health > Diet & Nutrition #3 in Kindle Store > Kindle eBooks > Teen & Young Adult > Personal Health > Depression

## Customer Reviews

This was a very raw, personal read. I felt as though Elena was sitting here, telling me her story. There are so many books on this subject, but this one is definitely in a class of its own. The family dynamics were very realistic, and it held my interest throughout its entirety. I highly recommend checking this one out.

I must admit that I was very disturbed by the heart wrenching true story. Since the day my first

daughter was born I have never allowed a scale in my home. Elena Vanishing is a terrifyingly told tale of the struggle with anorexia, a deadly disease that continues to plague too many of our young people. It is well written and very painful to read. A sobering insight into the day to day life of an anorexic young woman who spent much of her young life dying.

This book is not for the faint of heart. Very raw, real, disturbing story of her life with anorexia - it was so heartbreaking at some points I had to resist crying at work, but I didn't want to put it down and stop reading, even during those parts. I admire the author so much for never once mentioning her weight! I would definitely recommend this to anyone with an eating disorder.

Wonderful read. Heartbreaking but with hope. You feel the authors relentless need to be perfect while seeing the destructive path it's taking her down. No one is one dimensional in this story and Elena's eating disorder is everyone's.

This is a book that I will not be able to get out of my head for a good long while. It is written with such heartbreaking honesty that it gripped me at page 1 and I couldn't put it down. Every girl should read this book. Every parent should also. Excellent from start to finish.

I've suffered from an eating disorder for 6 years now, and I really felt a connection to the author through her writing. It was really great to read a book about a fellow sufferer's journey that stayed focused on her journey to getting well, rather than the moments that kept her in her illness. I found this to be a very interesting story filled with astute analogies and metaphors that paint an accurate picture of what it feels like to live with, and recover from, an eating disorder.

I recommend to any one with an eating disorder and even ppl who know someone suffering. It's so truthful coming from someone who went through this same thing. Even the treatment centers were very true and all the meds as well.

This book really sheds light on the harsh reality of eating disorders. It is very truthful and it hopeful. It was very frustrating at times and some chapters made me sad but in the end it will make you smile.

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