



EMILY  
HALBAN

# Perfect

anorexia  
& me

Perfection was my disease ...  
anorexia was my perfection

# Perfect Anorexia And Me By Emily Halban

**Arthur James Wells**



## **Perfect Anorexia And Me By Emily Halban :**

**Perfect** Emily Halban,2008-09-04 Emily Halban developed anorexia in her final year at school She went on to university at Oxford where her disease took on a powerful dimension and by her final year she was so debilitated that she had to sit her exams in a separate room where she could be fed continuously throughout each one With heartbreaking candour and poignant intimacy Emily vividly chronicles the complexities and inner struggles of living with anorexia Two years on she traces her disease from its elusive origins through its darkest moments of deprivation guilt and self loathing and finally recounts her journey towards recovery Emily allows us to understand what it s really like to suffer from anorexia exposing its secrets and dispelling some of the myths that shroud it Alive with self awareness but never self pity Perfect is an inspiring read that will help those battling with the horrors of anorexia find a way out and those on the outside to understand more

*From Madness to Mental Health* Greg Eghigian,2009-12-10 *From Madness to Mental Health* neither glorifies nor denigrates the contributions of psychiatry clinical psychology and psychotherapy but rather considers how mental disorders have historically challenged the ways in which human beings have understood and valued their bodies minds and souls Greg Eghigian has compiled a unique anthology of readings from ancient times to the present that includes Hippocrates Julian of Norwich s Revelations of Divine Love penned in the 1390s Dorothea Dix Aaron T Beck Carl Rogers and others culled from religious texts clinical case studies memoirs academic lectures hospital and government records legal and medical treatises and art collections Incorporating historical experiences of medical practitioners and those deemed mentally ill *From Madness to Mental Health* also includes an updated bibliography of first person narratives on mental illness compiled by Gail A Hornstein

Acts Tzachi Zamir,2014-06-03 Why do people act Why are other people drawn to watch them How is acting as a performing art related to role playing outside the theater As the first philosophical study devoted to acting *Acts Theater Philosophy and the Performing Self* sheds light on some of the more evasive aspects of the acting experience such as the import of the actor s voice the ethical unease sometimes felt while embodying particular sequences and the meaning of inspiration Tzachi Zamir explores acting s relationship to everyday role playing through a surprising range of examples of lived acting including pornography masochism and eating disorders By unearthing the deeper mobilizing structures that underlie dissimilar forms of staged and non staged role playing *Acts* offers a multi layered meditation on the percolation from acting to life The book engages questions of theatrical inspiration the actor s energy the difference between acting and pretending the special role of repetition as part of live acting the audience and its attraction to acting and the unique significance of the actor s voice It examines the embodied nature of the actor s animation of a fiction the breakdown of the distinction between what one acts and who one is and the transition from what one performs into who one is creating an interdisciplinary meditation on the relationship between life and acting

*The British National Bibliography* Arthur James Wells,2009

Alien Landscapes? Jonathan Glover,2014-09-02 Do people with mental disorders share enough psychology

with other people to make human interpretation possible Jonathan Glover tackles the hard cases violent criminals people with delusions autism schizophrenia to answer affirmatively He offers values linked with agency and identity to guide how the boundaries of psychiatry should be drawn

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