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# Purge



## Synopsis

This striking novel from acclaimed author Sarah Dager Littman is now available in paperback! Janie Ryman hates throwing up. So why does she binge eat and then stick her fingers down her throat several times a day? That's what the doctors and psychiatrists at Golden Slopes hope to help her discover. But first Janie must survive everyday conflicts between the Barfers and the Starvers, attempts by the head psychiatrist to fish painful memories out of her emotional waters, and shifting friendships and alliances among the kids in the ward.

## Book Information

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Enhanced Typesetting: Enabled

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## Customer Reviews

3.5 of 5 The day after embarrassing herself at her stepsister's wedding, Janie is admitted to a psych hospital on an eating disorder unit where she encounters The Starvers (anorexics) and The Purgers (bulimics) and even 2 boys. While at the hospital, she's have to learn how to deal with her emotions, her parents and perfect stepsister, how to assert herself and how to cope without making herself vomit. PURGE gives a fairly realistic account of the underlying issues one teen faces, and through

the other patients on the ward, readers get a glimpse of how eating disorders manifest differently and similarly in people with different underlying issues. I enjoyed Janie's journal entries and narration. Her voice conveyed a sense of humor, without being a funny novel. She was likable and easy to root for. The drawback to the journal entries is that we see a narrower and more one dimensional view of the secondary characters, because there's a lot of telling vs showing. Though more telling than I normally see in a well written book, Sara Littman pulls the format out. My biggest criticism of the story is the speed Janie developed insight and recovered enough to be released, how quickly her parents developed skills to aid in her recovery. Tweens and teens who are interested in books about eating disorder recovery will enjoy the book. The book is fine for those suffering or recovering from eating disorders. While PURGE doesn't glamorize eating disorders or inpatient hospitalization, it also doesn't show how brutal the conditions are or the physical toll on sufferers' bodies. I wouldn't specifically recommend the book to clients, although it is better than most, but I wouldn't discourage them either.

But in a good way. This book was definitely surprising. It was funny, serious, sad and I felt like it tackled the subject truthfully and respectfully. The main character of Janie felt very true and real. Whether someone has suffered from an e.d. or not, I think they'll find something to relate to--feeling used, rejected, unheard or just plain invisible. I would definitely recommend this book to people who enjoy a good life-story that ends on a positive note. But, be warned--it contains what may be viewed as potentially triggering and/ or upsetting material for those suffering from, or who have loved ones suffering from the illness(es) Janie and the other patients did.

This book tells the true and certain story of what it is like to have bulimia. It carefully examines the psychological implications of the disorder with a professionalism that only a true therapist can render. The author is an expert, in my opinion. She has done a perfect job of delineating the rigid lines of the starvers, both in mind and body, while concomitantly freeing the barfers to explore why they purge. She explains in great detail the dynamic differences between the two disorders of anorexia and bulimia, and delves into the occasions when they do cross over. The author has also dared to touch on a topic not many others have - the case of an older anorexic - someone in her forties - and also, as in the case of Tom's mom - a purger, who is not really bulimic per se, but does this as a coping mechanism to deal with her philandering husband. The issues of male anorexia, wrestlers trying to "make weight," and homosexuality in a heterosexual culture are all carefully meted out, according to what is appropriate and is highly informative. I give the author a five thumbs

up for her writing, not only in content, but in style. This book should be considered for some definite awards, particularly amongst, but not limited to the medical community. Well done!!!!

I gave the book 5 stars because it is wise and compelling. A teen heroine grappling with self-identity, shame, and a life threatening eating disorder, faces problems that even adults can relate to.

Amazingly well written. I enjoyed every minute of it. Very realistic voice and truth in these characters. This is a new favorite author of mine.

Good book.....after suffering from an eating disorder, including bulimia, this book gives a pretty accurate description of most treatment centers.

If you're looking to get a deep look and understanding of the world of a bulimic, do NOT buy this book. As someone who has struggled with different ED's for years I was truly disappointed in the portrayal of the ED mindset and lack of real psychological insight; which is kind of the whole point about reading anything to do with eating disorders. This is not a true portrayal of a bulimic's mindset as I anticipated, but just a random story with some vague references to bulimia as if the writer just Googled bulimia and copy and pasted generic characteristics. I don't see how it's helpful to anyone struggling with an ED or researching them either. There's nothing deep or genuine in the descriptions of these character's illnesses. I couldn't even bare to finish the book.

Daniella PlaksiyLoved this book the first time around so I decided to buy it and it's great. Shipped and arrived quickly and in perfect condition.

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