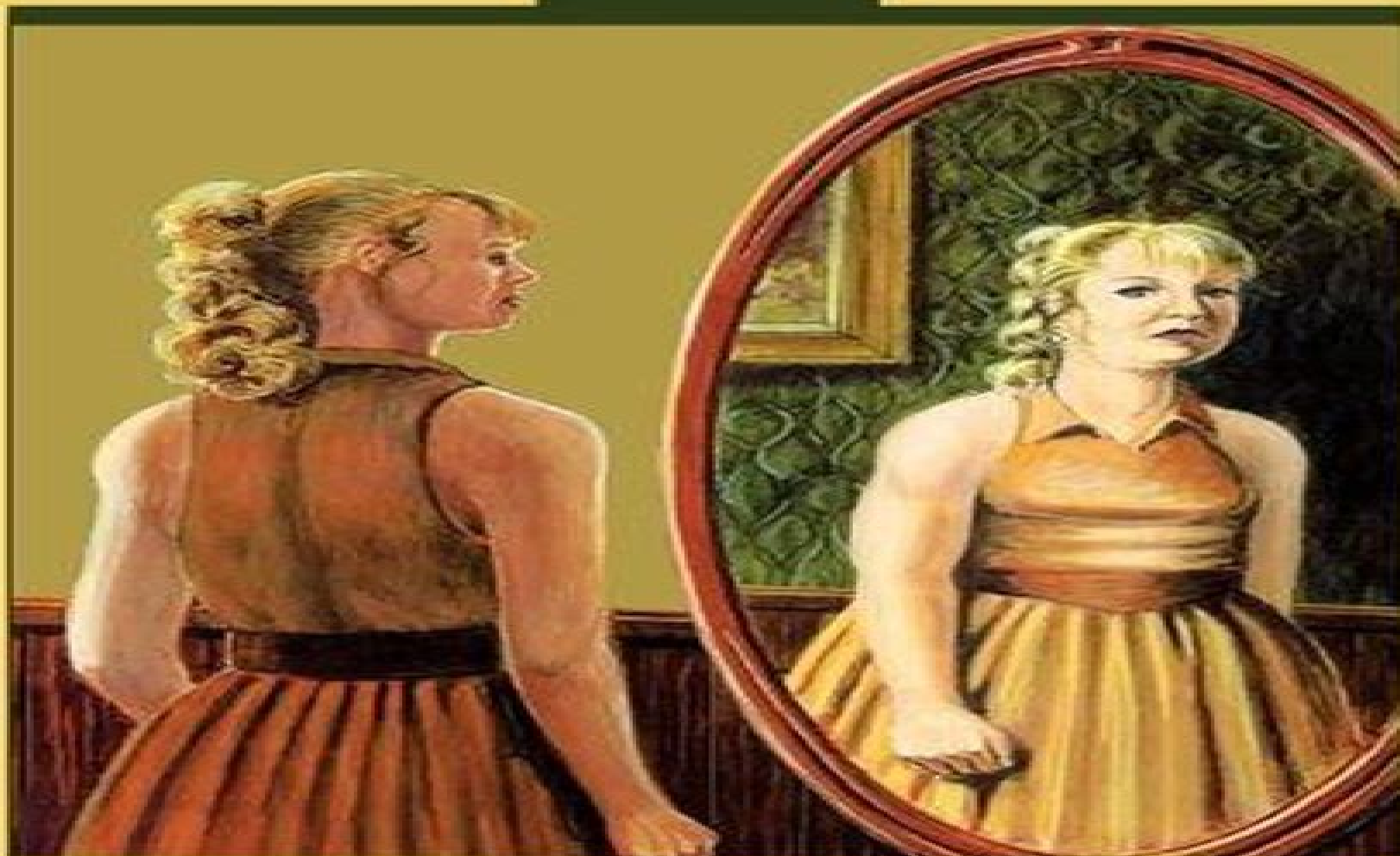




The Distorted Mirror

**A Mother's Reflection on Her Daughter's
Eating Disorder**

Brenda Nottestad

The Distorted Mirror A Mothers Reflection On Her Daughters Eating Disorder

Johanna Kulp



The Distorted Mirror A Mothers Reflection On Her Daughters Eating Disorder:

The Distorted Mirror Brenda Nottestad,2003-05-26 In 1998 Brenda Nottestad a young Christian wife and mother with two children was breathing a sigh of relief that her life was so blessed and that her two children were growing into high achieving good kids Anorexia and bulimia were foreign to her with the exception of an occasional made for TV movie Until that is her own daughter at age 15 was caught throwing up at school and the cheerleading advisor contacted Brenda Thus began the journey that is in this book It is a mother s journal from the depths of disbelief and despair through a maze of counseling medical treatment and prayer to reach the other side of a mountain she never dreamed her family would be asked to climb As Brenda grieved battled and fought the forces of darkness for her daughter the easy answers she thought would come just were not there For every step forward there were two steps backward The healing truly had to be a process a journey of intellect and faith This book is a remarkable insight into a mother s heart a daughter s pain a family s faith and God s truly amazing grace to overcome the insidious world that is eating disorders Body Shots Emily

Fox-Kales,2011-04-01 How do movie star bodies and celebrity culture influence the way real girls and women feel about their own size and shape What effect can popular films have on everyday eating behavior and exercise rituals Body Shots shows how Hollywood films movie stars and celebrity media help propagate the values of an eating disordered culture that promotes constant self scrutiny and vigilance denial of appetite and overcontrol of weight in the compulsive pursuit of an eternally elusive body ideal of slenderness and fitness In a unique approach that merges the disciplines of film analysis gender studies and psychology clinical psychologist and cinema studies scholar Emily Fox Kales demonstrates how the body narratives of such Hollywood celebrities as Lindsay Lohan Gwyneth Paltrow and Oprah Winfrey and their battles with bulimia post maternal weight gain and yo yo dieting not only serve as public enactments of the same eating and weight struggles their fans endure but create a new normal which naturalizes and even valorizes the chronic body dissatisfaction and weight obsession that are established risk factors for eating disorders in women and girls Written for students of cultural and gender studies parents media literacy educators as well as film buffs everywhere this book aims to provide the moviegoer with the critical tools necessary to develop a resistant gaze at Hollywood productions and make healthier choices among the many viewing screens of our super mediated world **Finding Peace with Your Body** Johanna Kulp,2025-02-11

Finding Peace with Your Body weaves together the author s personal story as well as her work as a psychotherapist to create an interactive self help guidebook to help readers find harmony with their bodies This is an interactive book with a fresh perspective that encourages the reader to dive deeper into their own personal history and use this book as a place to journal and complete specific homework instructions to change their relationship with their body This book includes personal anecdotes theoretical orientation and specific clinical intervention in a way that helps the reader understand context personal experience and the ability to create direct behavioral and cognitive change in their life The journey map includes not only

reflective prompts but also weaves in historical context regarding the subjugation of women's bodies throughout time. Organized so that it can be used by individuals or practitioners assisting their clients along the journey of recovery from an eating disorder, this book offers readers hope, practical tools, and a road map for working through specific body image issues with practical skills and therapeutic interventions. **Distorted** Lorri Antosz Benson, Taryn Leigh Benson, 2008-02-08. In an epidemic culture of disordered eating, this is the first book to provide both sides of the story, alternating mother-daughter perspectives on one teen's battle with anorexia and bulimia, examining the nitty-gritty relationship dynamics and the many manipulative nuances that personify this misunderstood disease. **My Mother, My Mirror** Laura Fuerstein, 2009. An experienced psychotherapist explores how mothers unwittingly pass on their self-esteem and body image issues to their daughters and shows readers how they can break the cycle. *Raising Competent Teenagers* Dr. Linda Friedland, 2015-01-01. Traversing the teen years is tricky and challenging for most parents. Pornography, sex, cyberbullying, body piercing, drug experimentation, tattoos are all part of adolescent life. How do you remain an effective, strong, compassionate parent, able to talk to your children as they become adults? This hands-on manual contains tools on how to keep up communication with your teen. In *Teenagers*, bestselling author Dr. Linda Friedland has distilled the wisdom of prominent parenting educators and her own knowledge as a medical doctor and also a mother of five children, the two youngest still being in their teenage years. Over 100 issues are discussed and are followed up with practical what-to-do ideas. Brain and body changes, Parent-teen conflict, Implementing rules and family values, Saying no, Narcissism and entitlement, Helicopter and Tiger parenting. Written by a practical, wise, and down-to-earth author, Dr. Linda Friedland, who is both a medical practitioner and a parent of five children. How to guide, read it from start to finish so you feel empowered and informed as a parent. Or use it as a problem solver, dipping into its wisdom when you find yourself scratching your head, wondering what to do next with your young person. Will appeal to parents, teachers, psychologists, and community workers who have teenage or primary school-aged children in their lives. Dr. Linda is a bestselling author and sought-after worldwide corporate speaker and is represented by ICMI Speakers Agency. Dr. Linda is Perth-based and travels regularly around Australia, Asia, and Europe, giving community and schools talks. Forward by Michael Grose, global parenting expert. **Girl in the Mirror** Nancy L. Snyderman, Peg Streep, 2002-02-06. The one book every mother of a girl age 9 to 19 needs to have on her shelves. *Girl in the Mirror* is the book we've all been looking for. It teaches us that our daughters' adolescence isn't a time to be gotten through or survived; instead, it's a tremendous opportunity, not just to foster social, emotional, and intellectual growth but to forge new connections between us and our daughters. Drawing on the latest research and interviews with experts in different fields, *Girl in the Mirror* sheds new light on the journey that is adolescence, the crucial interaction between mother and daughter, and the ways in which our own parenting skills must evolve as our daughters move into a new stage of growth. **Movies and Mental Illness** Danny Wedding, 2023-11-06. The popular, critically acclaimed text on psychopathology in movies now

including the latest movies and more Explores films according to the diagnostic criteria of DSM 5 and ICD 11 Provides psychological ratings of nearly 1 500 films Includes downloadable teaching materials Films can be a powerful aid to learning about mental illness and psychopathology for practitioners and students in fields as diverse as psychology psychiatry social work medicine nursing counseling literature or media studies and for anyone interested in mental health Watching films relevant to mental health can actually help you become a more productive therapist and a more astute diagnostician Movies and Mental Illness written by an eminent clinical psychologist who is also a movie aficionado has established a reputation as a uniquely enjoyable and highly memorable text for learning about psychopathology This new edition has been completely revised to explore current issues such as children s screentime and celebrities with mental illness and to include the numerous films that have been released since the last edition The core clinical chapters raise provocative questions about differential diagnosis according to the DSM 5 and ICD 11 for the primary characters portrayed in the films Included are also a full index of films sample course syllabus ratings of close to 1 500 films fascinating appendices such as Top 50 Heroes and Villains psychotherapists in movies and misconceptions about mental illness in movies Accompanying the new edition are downloadable resources for teachers that include critical questions and topics for discussion as well as fabricated case histories based on movie characters with Mini Mental State Examinations that help explain teach and encourage discussion about important mental health disorders In addition the author plans a regular series of online Spotlights articles that will critically examine the psychological content of new movies as they are released **Dear Ashley** Don Blackwell,2012-10-01 In this soul stirring book a parent offers support advice and honest self examination as his child recovers from a life threatening eating disorder Events wholly beyond our control can sometimes abruptly and profoundly interrupt our life journeys and the journeys of those we love Often in the face of great physical or emotional trauma we become paralyzed by fear and uncertainty Several years ago one of those events drove Don Blackwell s daughter to death s doorstep Thanks to her courage in the midst of suffering Don realized that such events can also serve as opportunities for reflection and growth Taking a step back from the heartbreak of the moment and reflecting on the matters of the heart that surround those events they can lead to a deeper understanding of ourselves of those we love and of the human condition Dear Ashley is a collection of personal reflections like these and the intimate father daughter letters used to convey them shared in the hope that the unique perspective they offer will provide guidance understanding and healing when life s challenges inevitably come knocking on your door **Mademoiselle** ,1997-10

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The Distorted Mirror A Mothers Reflection On Her Daughters Eating Disorder Introduction

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