

Social Sciences

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Sacker, Ira M., M.D., with Sheila Buff. **Regaining Your Self: Breaking Free from the Eating Disorder Identity—a Bold New Approach.** Hyperion. Mar. 2007. c.240p. ISBN 1-4013-0305-6 [ISBN 978-1-4013-0305-1]. \$24.95. PSYCH

Once talked about only in whispers, eating disorders now receive national attention. They are so prevalent that they are widely believed to have the highest mortality rate of any mental illness. It is now known that eating disorders, once attributed to teenage girls, can affect anyone of any age, gender, socioeconomic background, or ethnicity. Sacker (coauthor, *Dying To Be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia—A Practical, Lifesaving Guide*) is a highly regarded authority on the subject of eating disorders. Along with Buff, Sacker provides an in-depth view of this diverse disorder, giving readers a solid foundation for identifying eating disorders and the means to "break free" and, most important, to recover oneself. Throughout, vignettes tell the stories of those who have become victims of eating disorders, and the final chapter is a "message of hope." Insightful, well organized, and informative, this book is essential for most collections.—**Melody Ballard, Pima Cty. P.L., Tucson, AZ**