

Starved Mercy For Eating Disorders

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The Failure of Evangelical Mental Health Care

Mercy O'Connor is becoming an angel. She can feel her wings sprouting from her shoulder blades. They itch. Sometimes she even hears them rustling. And angels don't need to eat. So Mercy has decided she doesn't need to either. She is not sick, doesn't suffer from anorexia, is not trying to kill herself. She is an angel, and angels simply don't need food. When her parents send her to an eating disorder clinic, Mercy is scared and confused. She isn't like the other girls who are so obviously sick. If people could just see her wings, they would know. But her wings don't come and Mercy begins to have doubts. What if she isn't really an angel? What if she's just a girl? What if she is killing herself? Can she stop?

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Beyond Starved

Charlotte Wood explores the solitary and shared pleasures of cooking and eating in an ode to good food, prepared and presented with minimum fuss and maximum love.

The Roman History of Ammianus Marcellinus

Give your readers a globally enriched collection of essays that examine issues relating to eating disorders. This volume explores eating disorder trends, body image and eating disorders, the relationship between the media and eating disorders, and strategies to curb eating disorders. Readers will learn from diverse cultures and places such as England, Argentina, Scotland, France, China, New Zealand, Malaysia, and Japan.

Echoes of Mercy

Living Dead Girl

Travis Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

Sick Enough

A hands-on, working guide to eating disorder recovery that will help you understand the causes of eating disorders, and the impact they have on relationships.

Epic Solitude

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Examines the history of poverty in America and argues against the current welfare policy which addresses poverty as an economic problem and fails to nurture the human spirit

The Vegetarian Myth

Anorexics and Bulimics Anonymous

It's late summer 1793, and the streets of Philadelphia are abuzz with mosquitoes and rumors of fever. Down near the docks, many have taken ill, and the fatalities are mounting. Now they include Polly, the serving girl at the Cook Coffeehouse. But fourteen-year-old Mattie Cook doesn't get a moment to mourn the passing of her childhood playmate. New customers have overrun her family's coffee shop, located far from the mosquito-infested river, and Mattie's concerns of fever are all but overshadowed by dreams of growing her family's small business into a thriving enterprise. But when the fever begins to strike closer to home, Mattie's struggle to build a new life must give way to a new fight-the fight to stay alive.

In the Realm of Hungry Ghosts

Emotional eating. It's a rising epidemic. Katrina looks in the mirror and sees 'repulsive, 'fat, 'stupid, ' even though friends tell her she is one of the most intelligent and beautiful girls in her college. If I'm so beautiful, why can't I see it? Katrina wants to take back control of her life. Do you? Author Kimberly Davidson, a recovered bulimic, found spiritual and physical restoration and brings a clear message of hope and restoration in "I'm Beautiful? Why Can't I See It?" Anybody suffering from unhealthy eating patterns and low self-esteem needs unconditional love and acceptance, forgiveness, as well as needing to learn how to forgive herself and others who may

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have harmed her.

Beautiful Disaster Signed Limited Edition

In December 2011, 21-year-old Victoria's Secret Runway Angel Kylie Bisutti stunned the fashion industry when she chose faith over fame and fortune and made the switch from supermodel to role model. In *I'm No Angel*, Kylie shares her story—from her early years as she struggled to make it big in the cutthroat world of modeling, to her “big break” winning the Victoria's Secret Runway Angel competition, to the disillusionment and spiritual warfare that followed. After finally realizing that she could no longer reconcile her career with her Christian beliefs, she surrendered her life to God and dedicated her life to preaching a message of modesty and inner beauty. Along the way, Kylie talks about her personal struggles with inadequacy, low self-esteem, and her near-constant quest for approval in a world where you can never be thin enough, pretty enough, or sexy enough. She helps readers understand that true beauty lies within and that real fulfillment comes from knowing, loving, and serving Christ.

A Book of Golden Deeds

All her life, Katherine Keith has hungered for remote, wild places that fill her soul with freedom and peace. Her travels take her across America, but it is in the vast and rugged landscape of Alaska that she finds her true home. Alaska is known as a place where people disappear—at least a couple thousand go missing each year. But the same vast and rugged landscape that contributed to so many people being lost is precisely what has gotten her found. She and her husband build a log cabin miles away from the nearest road and create a life of love. An idyllic existence, but with isolation and brutal living conditions can also come heartbreak. Chopping wood

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and hauling water are not just parts of a Zen proverb but a requirement for survival. Keith experiences tragic loss and must push on, with her infant daughter, alone in the Alaskan backcountry. Long-distance dog sledding opens a door to a new existence. Racing across the state of Alaska offers the best of all worlds by combining raw wilderness with solitude and athleticism. The Iditarod Trail Sled Dog Race, the “Last Great Race on Earth,” remains a true test of character and offers the opportunity to intimately explore the frontier that she has come to love. With every thousand miles of winter trail traversed in total solitude, she confronts challenges that awaken internal demons, summoning all the inner grief and rage that lies dormant. In the tradition of Cheryl Strayed’s *Wild* and John Krakauer’s *Into the Wild*, *Epic Solitude* is the powerful and touching story of how one woman found her way—both despite and because of—the difficulties of living and racing in the remote wilderness.

Eating Disorders

Explores the possible causes and potential cures for eating disorders through real-life stories from young people struggling to recover, and includes information on symptoms of and current treatment options for these devastating illnesses.

The 2030 Spike

The seemingly insignificant desire to lose a few pounds can quickly become a powerful, addictive eating disorder. Maybe you’ve already tried to escape but failed. Or maybe you’re just now willing to admit that you have an eating disorder. Is there any hope for breaking free? Author Nancy Alcorn says yes, you can find hope and freedom if you apply the principles in this book. Nancy combines deep compassion with practical knowledge, insight and

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guidance from God's Word. The lives of more than two thousand young women who have experienced the life-changing program of Mercy Ministries, which Nancy founded, are proof that these principles work. Starved will help you learn how to recognize the signs and symptoms of an eating disorder, understand how and why eating disorders develop, and know how to break free and stay free. Read the stories of girls just like you, who once had no hope but now live with joy and freedom. There is mercy for eating disorders!

The Willpower Instinct

The clock is relentlessly ticking! Our world teeters on a knife-edge between a peaceful and prosperous future for all, and a dark winter of death and destruction that threatens to smother the light of civilization. Within 30 years, in the 2030 decade, six powerful 'drivers' will converge with unprecedented force in a statistical spike that could tear humanity apart and plunge the world into a new Dark Age. Depleted fuel supplies, massive population growth, poverty, global climate change, famine, growing water shortages and international lawlessness are on a crash course with potentially catastrophic consequences. In the face of both doomsaying and denial over the state of our world, Colin Mason cuts through the rhetoric and reams of conflicting data to muster the evidence to illustrate a broad picture of the world as it is, and our possible futures. Ultimately his message is clear; we must act decisively, collectively and immediately to alter the trajectory of humanity away from catastrophe. Offering over 100 priorities for immediate action, The 2030 Spike serves as a guidebook for humanity through the treacherous minefields and wastelands ahead to a bright, peaceful and prosperous future in which all humans have the opportunity to thrive and build a better civilization. This book is powerful and essential reading for all people concerned with the future of humanity and planet earth.

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Trapped

If your life is out of control and you feel hopeless, you haven't read this book yet. You know there are "good" secrets and "bad" secrets. You've kept yours for far too long. Your life is consumed with shame, guilt and fear. You keep people at arm's length, never allowing anyone to get too close, afraid they'll find out you've been sexually abused. Is there any hope for breaking free? Author Nancy Alcorn says, yes, you can find hope and freedom if you apply the principles in this book. Nancy combines deep compassion with practical knowledge, insight and guidance from God's Word. The lives of thousands of young women who have experienced the life-changing program of Mercy Ministries, which Nancy founded, are proof that these principles work. *Violated* will help you reach beyond your pain so you can expose the truth about your past, find healing and through God's Word, understand your true value in Christ. You can move beyond simply surviving your circumstances to experiencing the incredible life God has for you. Read the stories of girls just like you, who once had no hope but now live with joy and freedom. A chapter full of guidance and encouragement for parents and others who care is also included. There is mercy for sexual abuse!

I'm No Angel

Helps young women recognize the signs and symptoms of an addiction, identify the root issues behind the behavior, and learn how to break free and stay free. Read stories of girls who once had no hope, but now live with joy and freedom. A chapter full of guidance and encouragement for parents and others who care is also included.

Mercy, Unbound

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Beyond Cut

Patients with eating disorders frequently feel that they aren't "sick enough" to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. Sick Enough offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

Violated

Looking for freedom from self-harm? In this workbook, a companion to Cut: Mercy for Self-Harm by Nancy Alcorn, founder and president of Mercy Ministries, you can read the real-life journeys of girls who have gone from despair to delight. These in-depth stories show how you can overcome the struggles of self-harm to emerge as the healthy, beautiful creation God intended. Truths from God's Word, as well as opportunities for journaling your thoughts, will help you in the battle to overcome and gain control of your life again, plus help those you love who also fight against self-harm. There is Mercy for self-harm, break free today using this practical guide!

Love and Hunger

Based on Stanford University psychologist Kelly McGonigal's

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wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the new science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, The Willpower Instinct explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower. Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. Giving up control is sometimes the only way to gain self-control. Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Grace and Grit

If you have an obsession with food that can't be sated, it's time to realize your attempts at controlling diet and exercise will never fill the void in your soul. An eating disorder is consuming your life! In this workbook — a companion to *Starved: Mercy for Eating Disorders* — by Nancy Alcorn, founder and president of Mercy Ministries, you can read the real-life journeys of girls who have gone from hunger for satisfaction to overflowing with joy! Truths

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from God's Word, as well as opportunities for journaling your thoughts, will help you get at your root issues, plus assist others who are suffering. There is Mercy for eating disorders — break free today using this practical guide!

Wintergirls

Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, *In the Realm of Hungry Ghosts* radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. *In the Realm of Hungry Ghosts* argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

Eating by Faith: a Walk with God. My Eating Disorder from the Inside Out

Speak in Tongues? About 95 percent of Spirit-baptized Christians don't understand the purposes and benefits of speaking in tongues.

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More than 600 million Christians have received the gift of the Holy Spirit, yet most do not utilize this precious gift to its full potential. And many who do speak in tongues on a regular basis do not fully understand all the benefits this gift brings. You can learn how to use your spirit language to see prayers answered, activate more faith, receive healing and victory, and increase God's love and power within your life and ministry. You can utilize the gifts of the Holy Spirit through speaking in tongues by learning: 70 Reasons for Speaking in Tongues 15 Biblical Proof Reasons 30 Personal Benefit and Blessing Reasons 25 Powerful Spiritual Ministry Reasons 70 Reasons for Speaking in Tongues was written for Spirit-filled believers and those who want to know more about this God-given, Holy Spirit-infused gift that has changed hearts and minds for generations.

Ditch the Baggage, Change Your Life

In the evangelical community, a variety of alternative mental health treatments--deliverance/exorcism, biblical counseling, reparative therapy and many others--have been proposed for the treatment of mentally ill, female and LGBT evangelicals. This book traces the history of these methods, focusing on the major proponents of each therapeutic system while also examining mainstream evangelical psychology. The author concludes that in the majority of cases mental disorders are blamed on two main issues--sin and demonic possession/oppression--and that as a result some communities have become a mental health underclass who are ill-served or oppressed by both alternative and mainstream evangelical therapeutic systems. He argues that the only recourse left for mentally ill, female and LGBT evangelicals is to rally for reform and increased accountability for both professional and alternative evangelical practitioners.

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Going Hungry

You were born to live free by God's grace. For some people freedom means walking away from a terrible memory or experience such as a divorce, rape, or other emotional trauma. For others freedom means getting unstuck from life-sapping thoughts or behaviors that keep them from flourishing in their relationships and walk with Christ. Nancy Alcorn's practical and effective teaching, *Ditch the Baggage, Change Your Life*, shows you how to walk in freedom, no matter what you have been through or what issues you have faced in your past. You can redefine your life and release thoughts, feelings, and habits that have dragged you down. Then you will begin to live life as it is supposed to be lived in Christ. Learn seven keys to lasting freedom including:

- Committing fully to Christ
- Choosing to forgive
- Renewing your mind
- Breaking generational patterns
- Healing life's hurts
- Conquering oppression
- Learning principles of lifelong success

Seventy Reasons for Speaking in Tongues

It has become popular to blame the American obesity epidemic and many other health-related problems on processed food. Many of these criticisms are valid for some processed-food items, but many statements are overgeneralizations that unfairly target a wide range of products that contribute to our health and well-being. In addition, many of the proposed dangers allegedly posed by eating processed food are exaggerations based on highly selective views of experimental studies. We crave simple answers to our questions about food, but the science behind the proclamations of food pundits is not nearly as clear as they would have you believe. This book presents a more nuanced view of the benefits and limitations of food processing and exposes some of the tricks both Big Food and its critics use to manipulate us to adopt their point of view.

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Food is a source of enjoyment, a part of our cultural heritage, a vital ingredient in maintaining health, and an expression of personal choice. We need to make those choices based on credible information and not be beguiled by the sophisticated marketing tools of Big Food nor the ideological appeals and gut feelings of self-appointed food gurus who have little or no background in nutrition.

When Food Is Family

Over the years, the prevalence of eating disorders has steadily increased, causing many to search for answers -- not only for root causes, but also for solutions to this growing epidemic. Since opening the doors of Mercy Ministries in 1983, Nancy Alcorn has helped rescue hundreds of young women in numerous countries from the bondage of eating disorders. In *Mercy for Eating Disorders*, Alcorn explains the Christian message of forgiveness and restoration that is the central theme of her incredibly successful ministry. Riveting stories from many women who have been set free from these painful disorders witness to the effectiveness of Mercy's program. Perhaps you, or someone you know, is struggling with anorexia, bulimia, or binge eating. If you are, please know that you are not alone. Healing is available. Read this book, and your life will never be the same. Book jacket.

The Quick-Reference Guide to Counseling Women

You keep the scars hidden and tell yourself you can stop, but you can't. You think the pain of cutting will end the hurt inside, but it always comes back. Maybe you don't even want to admit that you engage in self-harm. Is there any hope for breaking free? Author Nancy Alcorn says yes, you can find hope and freedom if you apply the principles in this book. Nancy combines deep compassion with

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practical knowledge, insight and guidance from God's Word. The lives of more than two thousand young women who have experienced the life-changing program of Mercy Ministries which Nancy founded, are proof that these principles work. Cut will help you learn to recognize the signs and symptoms of self-harm, understand how and why these behaviors develop, and know how to break free and stay free. Read the stories of girls just like you, who once had no hope but now live with joy and freedom. There's also a special section for parents and others who care. There is mercy for self-harm!

Cut

Here is a deeply moving account of a couple's struggle with cancer and their journey to spiritual healing. Grace and Grit is the compelling story of the five-year journey of Ken Wilber and his wife Treya Killam Wilber through Treya's illness, treatment, and, finally, death.

The Tragedy of American Compassion

Women have unique needs and unique problems that require understanding, empathy, and direction from their pastors and counselors. For anyone who is called to counsel women, The Quick-Reference Guide to Counseling Women will be a welcome guide to bring hope, life, and freedom to women in need. This A-Z guide gives pastors, professional counselors, and lay helpers the information they need to help female church members, clients, and friends work through their spiritual and emotional issues. The many topics addressed include: healthy relationships conflict and stress sexuality, pregnancy, and infertility emotional and physical abuse roles of women Each of the forty topics covered follows a helpful eight-part outline and identifies typical symptoms and patterns,

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definitions and key thoughts, questions to ask, directions for the conversation, action steps, biblical insights, prayer starters, and recommended resources. "The most comprehensive, cutting-edge resource to date on addressing the real issues women face."--Stormie Omartian, author of the bestselling *The Power of Praying*® books "I'm so grateful for this resource. The Quick-Reference Guide to Counseling Women will assist you in working with women on their healing journey."--Jennifer Rothschild, Jennifer Rothschild Ministries "Whether you work in women's ministry, lay counseling, or professional counseling, you'll want to have this book on hand. It will become one of your most often-used resources."--Carol Kent, speaker and author of *Between a Rock and a Grace Place* Tim Clinton (EdD, The College of William and Mary) is president of the American Association of Christian Counselors (AACC), executive director of the Center for Counseling and Family Studies, professor of counseling and pastoral care at Liberty University and Liberty Baptist Theological Seminary, and a licensed professional counselor. Diane Langberg (PhD, Temple University) is a practicing psychologist whose clinical expertise includes thirty-five years of working with trauma survivors and clergy. She is the director of Diane Langberg, Ph.D. & Associates, a group practice in suburban Philadelphia, and an adjunct professor of practical theology at Westminster Theological Seminary.

Mercy for Eating Disorders

When we see people the way God sees and love the way He loves--without judgment--we can have lasting impact in the lives of others. Do you have trouble understanding where some people are coming from? Do you find yourself wondering why people do what they do? Nancy Alcorn spent eight years working for the state at a correctional facility for juvenile delinquent girls and investigating

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child abuse cases, giving her direct encounters with programs that were not producing permanent results of changed lives. Determined to establish a program in which lives would truly be transformed, Nancy started Mercy Ministries of America. In *Mission of Mercy* Alcorn challenges readers to consider why people behave the way they do, sharing the practical principles that have made Mercy Ministries a success at life transformation. Illustrated by the moving, inspiring testimonies of real women, she demonstrates how we can move from a place of judgment to compassion that leads to action.

When the Mirror Lies

A faith based 12 Step program Directed toward those trapped in the labyrinth of eating disorders, their families, and their therapists, the text lays out in detail the steps taken, the tools used, the love that grew and the healing received. Illustrated with true-life experience and complete with a compilation of personal stories by individual members.

Fever 1793

Starved

In *Eating by Faith*, Lisabeth invites you into the secret world of her eating disorder, and recovery. And while the illness looks different for every patient, all share a commonality of symptoms physically, emotionally, and spiritually. *Eating by Faith* will bring you into the mind and heart of someone suffering from the illness in such a brutally honest way, that you will have a greater understanding of the mind and heart of anyone suffering from this illness. Her eating disorder, like most, takes root inside a secret place. This root is

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often anchored in the lies Satan would have us believe about ourselves. Once established, he will use the eating disorder to separate us from God, robbing us from our joy and our identity in Christ's unconditional love. Lisabeth's story is one of wrestling with the eating disorder, herself, and God. It is about finding her identity in the love of Christ instead of her illness. Taste and See

In Defense of Processed Food

Part memoir, nutritional primer, and political manifesto, this controversial examination exposes the destructive history of agriculture—causing the devastation of prairies and forests, driving countless species extinct, altering the climate, and destroying the topsoil—and asserts that, in order to save the planet, food must come from within living communities. In order for this to happen, the argument champions eating locally and sustainably and encourages those with the resources to grow their own food. Further examining the question of what to eat from the perspective of both human and environmental health, the account goes beyond health choices and discusses potential moral issues from eating—or not eating—animals. Through the deeply personal narrative of someone who practiced veganism for 20 years, this unique exploration also discusses alternatives to industrial farming, reveals the risks of a vegan diet, and explains why animals belong on ecologically sound farms.

Mission of Mercy

Treatment Or Transformation

Ranging in age and backgrounds, a group of twenty authors describes their individual experiences and battles with anorexia from the perspective of recovery, with candid essays by Jennifer

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Egan, Francine du Plessix Gray, Joyce Maynard, Francesca Lia Block, and others on the ailment, its role in their lives, and the link between anorexia and the search for direction. Original. 25,000 first printing.

I'm Beautiful? Why Can't I See It?

After being abducted when she was ten and abused for five years by her kidnapper, Ray, Alice's only hope of freedom is in death, but her only way to achieve such an escape is to help Ray find the next girl for his collection.

In Darkest England

A beautifully written and riveting look at anorexia from acclaimed author Laurie Halse Anderson. Cassie and Lia are best friends, and united in their quest to be thin. But when Cassie is found dead in a motel room, Lia must question whether she continues to lose weight, or choose life instead.

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