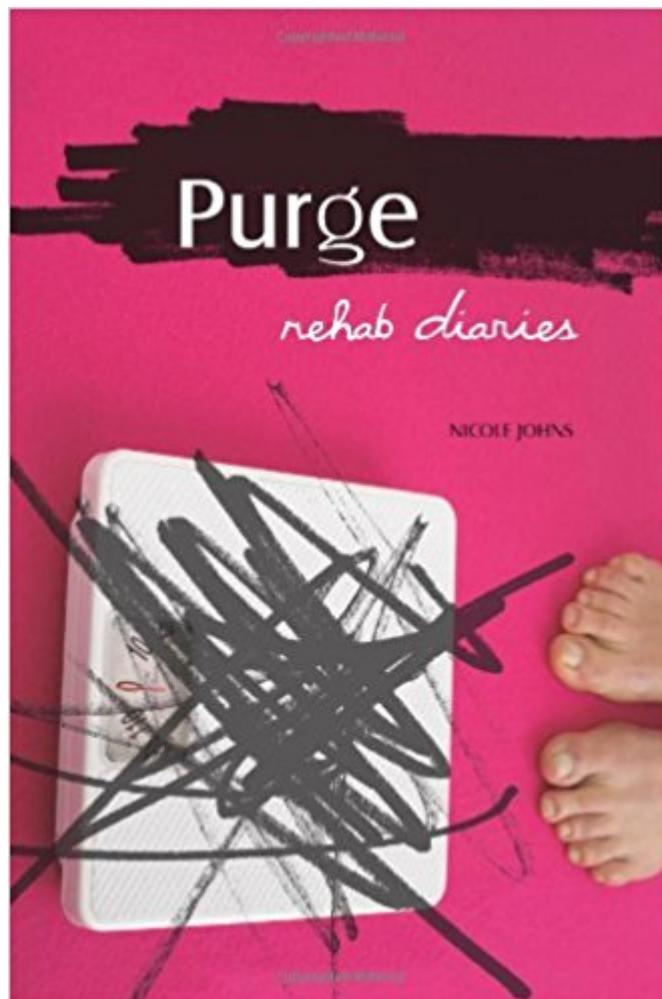


The book was found

Purge: Rehab Diaries



Synopsis

Purge is a beautifully crafted memoir that has a *Girl, Interrupted* feel. In this raw and engaging account of her months in rehab, Nicole Johns documents her stay in a residential treatment facility for eating disorders. Her prose is lucid and vivid, as she seamlessly switches verb tenses and moves through time. She unearths several important themes: body image and sexuality, sexual assault and relationships, and the struggle to piece together one's path in life. While other books about eating disorders and treatment may sugarcoat the harsh realities of living with and recovering from an eating disorder, Purge does not hold back. The author presents an honest, detailed account of her experience with treatment, avoiding the clichÃ©d happily-ever-after ending while still offering hope to those who struggle with eating disorders, as well as anyone who has watched a loved one fight to recover from an eating disorder. Purge sends a message: though the road may be rough, ultimately there is hope.

Book Information

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Best Sellers Rank: #526,897 in Books (See Top 100 in Books) #114 in Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #521 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #891 in Books > Health, Fitness & Dieting > Sexual Health > General

Customer Reviews

Nicole Johns offers unvarnished, unromanticized memoir in 'Purge: Rehab Diaries' by Amy Goetzman, MinnPost.com, July 8th, 2009

Nicole Johns received her MFA from the University of Minnesota and a BA in English from Penn State University-Erie. Her eating disorder developed in high school and worsened in college. The summer after starting the MFA program, Nicole spent three months in treatment for her eating

disorder. Nicole currently lives in Minneapolis with her fiancÃ©, Brady Johnson. She has been in recovery from her eating disorder since 2005.

The book is just okay. A little immature at times. It was interesting to read about the struggle with ednos from another bisexual girl in her 20's. That was the main reason I bought it. It was informative to learn about the some treatment techniques that were used in her inpatient stay. The writing itself was super cringey though that's why I gave it 2 stars.

Anyone suffering, or knows someone suffering, from an eating disorder might enjoy this book. I'm about halfway through it myself now and have enjoyed reading the shared struggle of a professional, adult woman, not much different from myself, as she journeys through her attempts at recovery. It is less "triggering" than some diaries can be but certainly still has it's moments. It's a good book though and offers some insight into the EDNOS illness/disorder....

Nicole John's book Purge: Rehab Diaries was one of th more honest books I've read about eating disorders. She shares what led her to her eating disorder, during the ups and downs of recovery, and the aftermath of an eating disorder when you don stop. Nothing in this book was sugar coated. I loved it. Although the only critique j have would be the ending I'm assuming that holly ended up dying how ever I would have liked that to be more clear. Overall I would read it again.

Didnt care for the book. I couldnt really tell what the point of it was.

Simply put, I liked it. It was a fast read, and as I have heard from others, it reads similarly to Girl Interrupted. It wasn't especially exciting, but nothing has been embellished. She makes everyone from her past likable and her situation is so relatable for anyone who has suffered with EDNOS.

this memoire seemed to tell the story of ED treatment in a far too casual way. The writer didn't go through near what others do, she wasn't nearly as ill and treatment only one time? Not accurate or realistic for me.

I honestly like it better than wasted, really.It's one of my favorite Eating Disorder books.It takes you, in it arms and tell you the story of her.Its a classic in my book.

Awesome book! I read it in less than 24 hours, which is a first for me. I definitely recommend this book to anyone with an eating disorder or for a family or friend of someone with an eating disorder.

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