Dellasega, Cheryl (2005) **The Starving Family**. Fredonia WI: Champion Press, Ltd.

**About the author**: Cheryl Dellasega, Ph.D., is a professor at Penn State University College of Medicine. She is a well established researcher on psychosocial issues related to adolescent girls and families. Beyond her research, training and clinical experience her motivation to write this book comes from her own personal experience with anorexia and her daughter’s lengthy battle with the eating disorders.

**Summary**: This book is not designed to be a medical reference book or a self help manual. It includes stories and interviews by 26 mothers and fathers across the country, who were willing to disclose their intimate fears and insights that they have developed through their son or daughter’s eating disorder. Dr. Dellasega describes the purpose of this book as trying to reach families who are faced with these potentially life threatening situations in a support group type of model. For some families they are not ready to talk face to face with other parents or they may not have geographical access to such support services. This book is intended to be a resource for families that are likely overwhelmed and need the awareness that they are not alone in dealing with eating disorders. While the serious nature of the material can be disturbing to read, there are also hopeful stories of recovery and helpful tips regarding advocacy and services. There are several practical resources throughout the book and recommendations of how to “take care of the caregiver.” Not all of the stories have good outcomes, which reflects the reality of this serious disorder. However, the insights that have been acquired by these families can also be valuable and reassuring to families who are feeling guilt or blaming themselves for their child’s condition.

Laura Collins, author of *Eating With Your Anorexic* has this quote on the book cover: "One of the greatest losses that comes with living with a loved one’s eating disorder is the feeling of isolation. This rich, deeply feeling book is a nourishment of connectedness: We are not alone. Thank you, Cheryl Dellasega."

**Reviewer**: Peggy Lemond is a graduate student in School Psychology and graduate assistant in NIU.