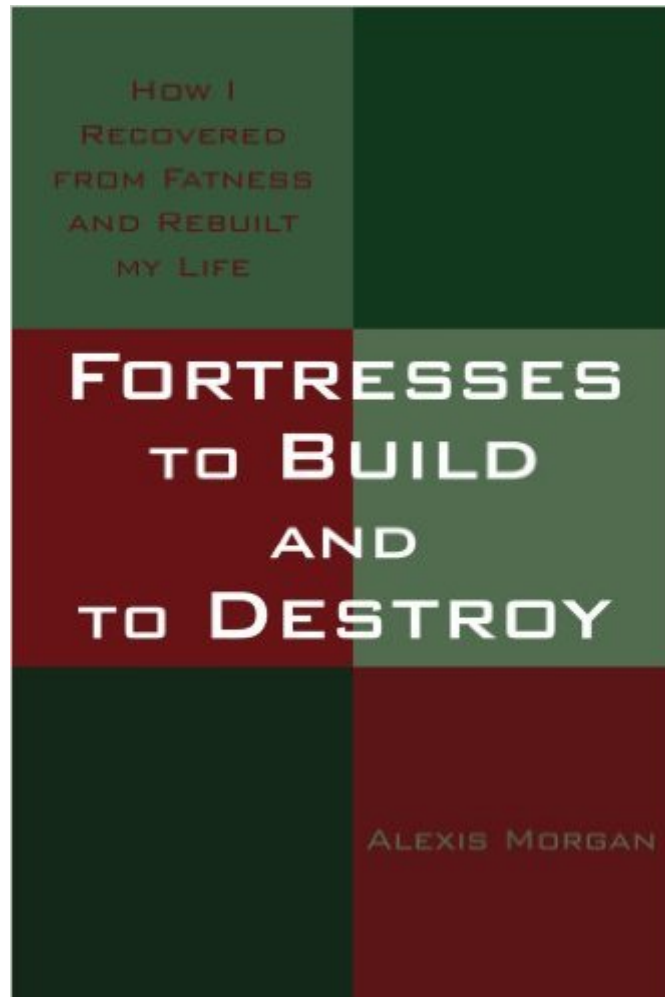


The book was found

Fortresses To Build And To Destroy: How I Recovered From Fatness And Rebuilt My Life



Synopsis

The author first conceived the title of this book about 30 years ago, when she became convinced that her obesity had a purpose, and that understanding the emotional issues driving her tendency towards fatness would be necessary for healing. To that end, she studied her own behavior for many years, keeping notes of the factors involved in her overeating and obesity as she discovered them. At age 60, when 370 pounds threatened her life, she received the medical intervention called Gastric Bypass Surgery. She believed that as she lost weight she would relive her original childhood suffering, during which she began to use images of food and fat to defend against feelings of isolation. Therefore, she would need to find new strategies for dealing effectively with old challenges. To accomplish this goal, she kept a journal during the weight loss, recording her experiences, including the resurgent memories of unresolved grief. The author hopes that her story might help other people similarly identify their own faulty learning, including the tendency to addiction, especially emotionally based over-eating. Readers can use the author's method of discovery for their own growth and recovery. It includes defining what she believed to be her problem, proceeding with a workable program for weight loss, remembering the traumatic events alongside the gifts of her childhood, recording her emotional reactions to change and progress, finding new responses to old deprivations, searching for important truths about herself, and making new decisions for her future. Additionally, the book follows a format that includes questions for groups of people who wish to share their own emotional struggles with defensive fatness. As such, it will be a valuable resource for people using surgery to assist them in the weight loss process.

Book Information

Paperback: 388 pages

Publisher: AuthorHouse (November 30, 2005)

Language: English

ISBN-10: 1420886541

ISBN-13: 978-1420886542

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #5,483,740 in Books (See Top 100 in Books) #84 in Â Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #2115 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #2580 in Â Books > Health, Fitness & Dieting >

Customer Reviews

This book details one woman's attempt to overcome both her health problems and her traumatic past. It is useful not just for those seeking to lose weight or overcome abuse but for those looking for their internal strength to overcome obstacles in their lives. This book is more than an autobiography, it is more than therapy. It is a journey of spiritual and personal growth for readers and how one woman found the courage to overcome the haunting memories of an abusive childhood and use that experience to help others.

This is a courageous account of one person's journey to authenticity. The writer's struggle was with obesity but the concepts can be interchanged to apply to anyone suffering from any addiction. I would recommend this to anyone who is tired of living with the emptiness of trying to please everyone but herself and is ready for self-awakening.

While ultimately I found the book inspiring, it was difficult to read in a continuous sitting. I found that I had to "digest" one chapter at a time. The writer's story made me feel uncomfortable at times. Perhaps because it reminded me of things I had experienced and would rather forget. I do believe her personal discovery has important messages for the reader. And the exercises or meditations at the end of each chapter are very helpful to someone on the road to recovery/discovery. However, this is not a book for someone who is not ready to seriously examine why they have used fatness as a source of protection. It can be quite painful to do the work the author has done. It was well written and well organized.

This is one of the most powerful and beautiful books I've ever read. Ms. Morgan relates her issues with food addiction back to her often traumatic childhood. I have had problems in my own life with obsessive eating and always wondered why. The questions to the reader at the end of each chapter were so helpful to me in my own discovery of this question. This book is for everyone seeking an understanding into their addiction or a loved one's addiction. It is thought provoking and so beautifully written. You won't be able to put this one down!

[Download to continue reading...](#)

Fortresses to Build and to Destroy: How I Recovered from Fatness and Rebuilt my Life Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good

Alcoholics Anonymous Big Book (2nd Edition): The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism Recovered Legacies: Authority And Identity In Early Asian Amer Lit (Asian American History & Cultu) A Cancer Battle Plan: Six Strategies for Beating Cancer from a Recovered "Hopeless Case" [CANCER BATTLE PLAN] Life Under Compulsion: Ten Ways to Destroy the Humanity of Your Child Male Midlife Crisis: Why It Causes Men To Destroy Their Families, Finances and Even Commit Suicide, and What You Should Do Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Quick and Permanent Cure for Herpes: Natural Herpes Remedies That Proven to Destroy the Herpes Virus! 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) The Hunting of the President: The Ten-Year Campaign to Destroy Bill and Hillary Clinton Warning Order: A Search and Destroy Thriller Unstoppable: 10 Powerful Habits To Become Unstoppable, And Develop A Strong Confidence To Finally Destroy Self-Doubt Forever (Achievement, Success, Solve Problems, Reach Your Goals, Relentless) Crimes of the Educators: How Utopians Are Using Government Schools to Destroy America's Children The Genital Warts Eradication System - Destroy Your Genital Warts In 5 Days (home remedies for genital warts, genital warts cure, human papilloma virus, home treatments, warts remover) Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) Love Busters: Protecting Your Marriage from Habits That Destroy Romantic Love The Unbreakable Miss Lovely: How the Church of Scientology tried to destroy Paulette Cooper How to Win A Street Fight: Stand Up Fighting Techniques to Destroy Your Enemy (Self-Defense Book 2) How to Build Floating Docks and Decks For Ponds Step by Step: Step by step guide with images and plans to build a floating dock pier and a farm pond deck.

[Dmca](#)