



## THE OPTIMISTIC FOOD ADDICT

Recovering from  
Binge Eating Disorder

Christina Fisanick Greer, Ph.D.

### *The Optimistic Food Addict: Recovering from Binge Eating Disorder*

by  
Christina Fisanick  
Greer

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### *The Optimistic Food Addict*

Sharing personal experience, advice, honest pain, and moments of success, the author leads the reader to a positive approach to dealing with a troublesome addiction.

“I had watched my mother and her sisters diet for years. With Richard Simmons’ Deal-A-Meal, TOPS, Weight Watchers, and a seemingly endless stream of schemes to lose unwanted flesh. Damning words about their bodies rippled through their conversations as often and openly as talk about the weather and good sales on ground beef. Therefore, it was natural for me to turn to deprivation as a source for transforming my body into something more desirable...to men. “

And yet, it never worked.”

Excerpt from *The Optimistic Food Addict*

The *Optimistic Food Addict* explores the author's journey through recovery from binge eating disorder. How she ended up with a preoccupation with food is described in painfully honest words—the unkind things that happened to her at school, at the hands of men, and even by the hands of those she most trusted and who were entrusted to ensure her well-being.

The story is one known to many who have suffered abuse, endured years of being shamed for their bodies (and feeling associated self-loathing when they looked at their bodies), and developed over time a mega-dose of lack of self-esteem. The author is not alone in these experiences. This book chronicles her version of these all-too-far-spread experiences in a desire to reach out to others like her and to share her success in overcoming a difficult past—at least in part and at least for now.

Inspirational, honest, and motivating, this book is guaranteed to contribute significantly to the recovery of readers who also suffer from food addiction as they feel the gritty, raw truth behind the author's words.

# # #

**“What a victory over addiction, abuse on so many levels, medical issues, and indescribable losses! I see the stories of so many of my clients in Christina’s story. I am eager to recommend it.”**

**(Kay Sheppard, Psychologist)**

# # #

**Christina Fisanick Greer, Ph.D.**, associate professor of English at California University of Pennsylvania and author of more than 30 books, teaches writing and literature, including creative non-fiction, digital storytelling, and Appalachian culture. Her writing has appeared in dozens of publications. Recently, she published a workbook and coloring book to help sufferers of binge eating disorder.