

Ingeborg Senneset

Anorectic
Anorektisk

Cappelen Damm 2017
320 Pages

NON-FICTION
HEALTH



An honest, unflinching and unsentimental account of the illness from the inside.

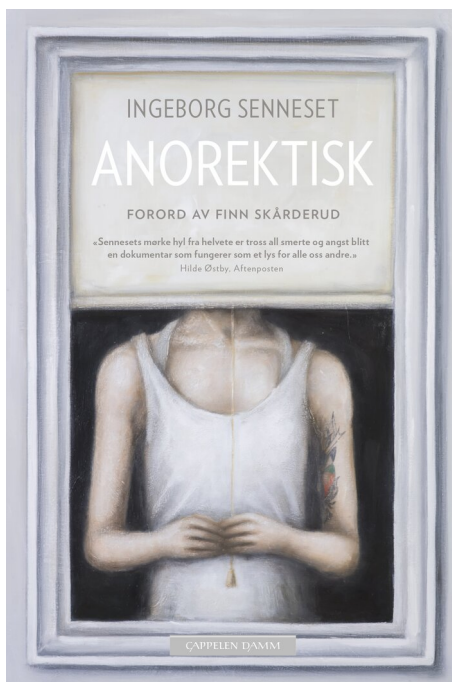
How does a patient with anorexia and obsessive-compulsive disorder experience psychiatry? What kind of battles are fought inside a person that wants to end an illness that since childhood has acted as a lifeline and the same time been a lethal threat? What does it take to let go? How much does weight really matter?

Through admissions to three different psychiatric facilities for a total of three years, Ingeborg Senneset documented the slow task of regaining control over her own life. Through meetings with the best and the worst sides of health care, paradoxes and conflicts both on an interpersonal and private level, we get the whole story. *Anorectic* is an honest, ruthless and unsentimental depiction of the inside of the illness and the hospitals by an author that has the unique combination of being a patient, journalist and nurse.

Ingeborg N. Senneset is a journalist with *Aftenposten*, lecturer, qualified nurse, former blogger and editor, and a deputy member of the board of Norwegian PEN. She works on debates, comments and news, along with social media and development of digital media. Senneset has made her mark in topics such as psychiatry, health, human rights, critical thought, science, religion, opposition to vaccines, monarchy, humanism and media criticism. *Anorectic* is an account of the years she was in hospital

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"Heartbreakingly insightful, mercilessly self-exposing and brilliantly written about suffering from anorexia. (...) All together a useful book in the treatment of all sorts of compulsive disorders. Ingeborg Senneset is ruthlessly self biographical. Some parts are tragically funny, others will make you cry blood. Every word teaches us something. " Six stars out of six!

ADRESSEAVISA