

Beating ANA
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Beating ANA is a self help book full of useful strategies and affirmations for people in recovery from an eating disorder to discover.

Beating ANA is in four Parts.

Part one, **Welcome to Our World**, consists of Shannon's story, details on the mentor and related models and how the book works. This section of the book heavily promotes mentoring and compares it to alcoholics anonymous, which contrary to EDV views, focuses on only one way of recovery support, through relationships with those who have recovered from an Eating disorder or other unhealthy behaviours and coping patterns. I suggest when reading part one, keep in mind that this book has been written by an American author who works for an American organisation called *key to life*, on a program called *mentorCONNECT*, so view it as an option and an opinion, rather than a prerequisite to recovery.

Part two, **ED, A.A., and Me**, starts by promoting the A.A. twelve-step process as a high recommendation for recovery, but, soon takes the focus off the model and redirects it to Eating disorders, with only the occasional comparison or mention of A.A. and its processes.

Once the author starts in this direction, the book becomes a great resource for recovery from an Eating Disorder. From the chapter titled "the first step", through to the end of part four, each short chapter starts with a topic, followed by a related workshop, assignment and life celebration affirmation. Part two encourages the reader to look at ways to challenge ED thoughts, regain power over their thoughts, break down the barrier between themselves and their life, face real facts, break patterns, recognise addictive coping patterns, and find their key to life.

Part three, **ED at the Movies**, uses movies as the topic, with workshops and assignments comparing the person recovering from an eating disorder to the main characters, the life patterns in the movie, the feelings surrounding some of the situations, or the hard work and belief it takes to come out on top etc. For each chapter, the reader is first asked to watch the suggested movie, and then answer the related questions.

This is an approach I have, up until now, never thought of or experienced in recovery, but find very intriguing. Most of the movies are well known, the questions appear relevant, it will give the person with the eating disorder "permission" to sit down and relax while studying the movie, and provide a medium for visual learning while offering constructive comparison. It has created an exciting "new" option to explore and I personally plan to watch, answer and experience the benefits myself as yet another possible strategy. (Stay tuned for updates).

Part four, **ED on my Mind**, focuses on some key techniques to help promote recovery. These include positive self talk, priorities, the high possibility of relapse and its benefits (there is a great comparison of relapse to peeling the layers off an onion), looking back at where you have come from, and the new you without the eating disorder. Some of the activities could easily be adapted as ice breakers within the first part of a recovery group.

The final pages cover guidelines for mentors and mentees. Although EDV do not promote any mentor programs, many of the guidelines could be beneficial in relation to our convenors, helpline workers, staff and consumers. Definitely worth a read and consideration in our development.