

MEETING MYSELF

Snippets from a Binging and Bulging Mind



BRENDA J. WOOD

Meeting Myself

by Brenda J Wood



Christian - Living

104 Pages

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Book Review

Reviewed by Alice DiNizo for Readers' Favorite

"Meeting Myself" is a well-written 98 page book that will appeal to anyone fighting off inner demons by eating and to all those who may have done so since an early age. Author Brenda Wood has issues with food since an early age. She even recalls herself starting to eat her younger brother Larry's chocolate Easter Bunny as well as her own as a four year old. Brenda Wood admits to having great inner anger at having been abused as a child. She doesn't say what the abuse was or when, but the reader will surmise it wasn't nice. Brenda Wood went from satisfying her fear of things and need for comfort by eating on to eating and then throwing up in the toilet which is bulimia. Even a happy, satisfying marriage did not cure Brenda's demons until she took her Christian faith seriously and learned that God is with us in good times and bad times and proved it in her daily life.

"Meeting Myself" is a book that should be in everyone's hands everywhere. Brenda Wood honestly tells the reader about her not always smooth path to controlling her eating binges, her bulimia. Brenda Wood is forthright in telling the reader how she would decide to walk with God and then lose her resolve and go on an eating binge. What she shares with the Christian reader is priceless in its honesty. On page 93 she writes: "Expose both abuse and eating disorder to the light. ..Keep telling until someone believes you." She admits that she had great anger against her abuser, anger against the people who should have protected her from that abuse, and anger against herself. "Meeting Myself" is a book that will guide, inspire and keep the reader going when the dark clouds of life are overwhelming.