



# My Life as a Male Anorexic

*Michael Krasnow*

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## **My Life as a Male Anorexic** Michael Krasnow

My Life as a Male Anorexic is a uniquely male point of view of anorexia nervosa. It is the autobiographical account of a young man's ongoing struggle with anorexia. Michael shared his story as part of the featured health segment "Men Dying to be Thin" on WSVN Channel 7 News in Miami, Florida, in May 1997. Michael Krasnow has had anorexia since 1984, and he chronicles his daily struggles, feelings, and experiences in this book. He writes in a relaxed, easygoing manner that makes the book appealing to all readers. While ignoring statistics and not pretending to be an expert on the disorder, Michael simply tells readers what his life is like and how anorexia has affected--even controlled--it. As of today, Michael has maintained his weight at 75 pounds on a 5-foot, 9-inch frame. Anyone who suffers, or anyone who knows someone who suffers from, anorexia will learn that male anorexia is a serious problem and that there needs to be psychological and medical help for the boys and men who struggle with anorexia. As Michael begins his book, "For years, anorexia existed, but very few people knew of it. Women who suffered from it did not realize that they were not alone. Eventually, as more became known and anorexia became more publicized, a greater number of women came forward to seek help, no longer feeling that they would be considered strange or outcasts from society. Maybe with the publication of this book, more men with the problem will realize that they are not alone either, and that they do not suffer from a 'woman's disease.' They can come forward without worrying about embarrassment." Michael's story will baffle, frustrate, sadden, and irritate readers, whether they are interested in the human side of Michael's story, whether they are workers in the medical field--psychologists, psychiatrists, doctors, nurses, aides, social workers, mental health counselors--or whether they are teachers, coworkers, friends, or relatives of a male with anorexia. My Life as a Male Anorexic begins to shed light on the little-known or discussed problem of male anorexia nervosa.

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