



Life Inside the "Thin" Cage: A Personal Look into the Hidden World of the Chronic Dieter

Constance Rhodes

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Frustrated by the often unrealistic standards of beauty presented by today's media, many women have become trapped in a never-ending pattern of chronic dieting. Daily they endure destructive self-talk such as "I can't eat that or I'll get fat" or "If I could just lose a few more pounds everything would be better."

Chronic dieters may be any shape or size but they have one thing in common: They are often left to suffer alone with an undiagnosed "sub-clinical" eating disorder. Such sub-clinical disorders include eating habits that are unusual, even unhealthy, but do not fit the technical classifications of anorexia or bulimia.

Addressing the many dimension of "chronic dieting," *Life Inside the "Thin" Cage* offers a wake-up call and practical steps to those who need healing. Readers will find personal stories, insights into their secret patterns and habits, reassurance that they are not alone, checklists, self-tests, and, best of all, a new road to emotional, physical, mental and spiritual freedom.

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