



**bridgetwhitlow** Agreed Carrie – it was fun! :) **#decodingAN** -10:38 AM Nov 14th, 2012



**edbites** Thanks, **@bridgetwhitlow**, for hosting! It was fun. **#DecodingAN** -10:37 AM Nov 14th, 2012



**bridgetwhitlow** On behalf of **@aedweb** thank you for doing this chat today and for all that you do in the **#recovery** community! **#decodingAN** -10:36 AM Nov 14th, 2012



**bridgetwhitlow** This was a real pleasure Carrie! You're book is fantastic and a much needed resource for those in the field and those struggling **#decodingAN** -10:36 AM Nov 14th, 2012



**edbites** For my latest schedule, appearances, and book signings, check out my website **<http://t.co/Cmxrbm5l>** **#DecodingAN** -10:34 AM Nov 14th, 2012



**bridgetwhitlow** Also, to catch your upcoming presentations, how would people find out about that? **#decodingAN** -10:34 AM Nov 14th, 2012



**edbites** You can check out my blog at **<http://t.co/pz93f6mO>** for regular updates! **#DecodingAN** -10:33 AM Nov 14th, 2012



**bridgetwhitlow** And if people want to people want to follow your **#blog** where do they go? **#decodingAN** -10:33 AM Nov 14th, 2012



**edbites** You can look at a preview if you go to my website **<http://t.co/Cmxrbm5l>**, too. **#DecodingAN** -10:32 AM Nov 14th, 2012



**edbites** You can buy the book on Amazon, Barnes and Noble, and Routledge Press. Search for "Decoding Anorexia" **#DecodingAN** -10:32 AM Nov 14th, 2012



**bridgetwhitlow** Where can people order your new book, "Decoding



Anorexia: How Breakthroughs in **#Science** Offer Hope for **#EatingDisorders**? **#decodingAN** -10:30 AM Nov 14th, 2012



**bridgetwhitlow** Since we are almost done here, is there anyone that wants to ask Carrie a question? **#decodingAN** -10:28 AM Nov 14th, 2012



**edbites** I loved talking with researchers whose work I had long admired, and to synthesize info I had learned over the years **#DecodingAN** -10:28 AM Nov 14th, 2012



**bridgetwhitlow** What was the most **#fun** thing for you in writing this book? **#decodingAN** -10:26 AM Nov 14th, 2012



**edbites** Someone with **#anorexia** can ignore starvation and keep moving, which enabled them to find food when others couldn't. **#DecodingAN** -10:26 AM Nov 14th, 2012



**bridgetwhitlow** Could you say a little bit more about this? **#decodingAN** -10:25 AM Nov 14th, 2012



**edbites** The idea is that **#anorexia** may have originally evolved as an ancient strategy to endure **#starvation** and food shortages. **#DecodingAN** -10:24 AM Nov 14th, 2012



**edbites** The most interesting chapter was "Adapted to Flee Famine," which discussed the **#evolutionary** history of **#anorexia**. **#DecodingAN** -10:23 AM Nov 14th, 2012



**bridgetwhitlow** I really love the chapter titles! Is there one that was the most interesting to write for you? **#decodingAN** -10:22 AM Nov 14th, 2012



**bridgetwhitlow** Yes, those are really important and often the maintenance of weight gain can be one the hardest to understand. **#decodingAN** -10:21 AM Nov 14th, 2012



**edbites** Another important theme: maintaining weight gain and other



**#recovery** progress after intensive treatment. **#DecodingAN** -10:19 AM Nov 14th, 2012



**edbites** There were 2 major themes that really struck me: importance of **#anxiety** and **#perfectionism** in the risk of developing **#anorexia**  
**#DecodingAN** -10:19 AM Nov 14th, 2012



**bridgetwhitlow** Are there any little nuggets that you learned while interviewing them? **#decodingAN** -10:17 AM Nov 14th, 2012



**edbites** I interviewed lots of people for my book, including **@cbulik**, **@walterkaye**, Craig Johnson, and more. **#DecodingAN** -10:16 AM Nov 14th, 2012



**bridgetwhitlow** Who are some of **#researchers** and **#clinicians** you interviewed for this book? **#decodingAN** -10:14 AM Nov 14th, 2012



**edbites** My **#science** background gave me good critical thinking skills to evaluate what I had been told about EDs and whether it was valid  
**#DecodingAN** -10:13 AM Nov 14th, 2012



**bridgetwhitlow** That's really helpful – you also have a background in **#biology** – can you say more about that? **#decodingAN** -10:12 AM Nov 14th, 2012



**edbites @bridgetwhitlow** Many people are intimidated by **#biology** but don't be! I translated the research into easy-to-understand language  
**#DecodingAN** -10:11 AM Nov 14th, 2012



**bridgetwhitlow** Yes, it is a much needed resource. In the intro, **@cbulik** mentions people might run from **#biology** – what do you think about that? **#decodingAN** -10:10 AM Nov 14th, 2012



**edbites @bridgetwhitlow** I wrote it because I couldn't find any user-friendly books that discussed the **#science** and **#biology** of **#anorexia**  
**#DecodingAN** -10:09 AM Nov 14th, 2012



**bridgetwhitlow** Can you tell us why you decided to write "Decoding



Anorexia"? [#decodingAN](#) -10:07 AM Nov 14th, 2012



[bridgetwhitlow](#) That sounds great! [#decodingAN](#) -10:06 AM Nov 14th, 2012



[edbites](#) [@bridgetwhitlow](#) I will be talking about the importance of sharing our stories with the media, and changing the dialogue on EDs [#DecodingAN](#) -10:05 AM Nov 14th, 2012



[bridgetwhitlow](#) Carrie, can you tell us what your talk will be about there? [#decodingAN](#) -10:04 AM Nov 14th, 2012



[bridgetwhitlow](#) Carrie will also be speaking at [.@FEASTtweets](#) FEAST Symposium "No Place Like Home." [#decodingAN](#) -10:04 AM Nov 14th, 2012



[bridgetwhitlow](#) She is also an advisor for [@FEASTtweets](#) and has been in solid recovery a year! [#decodingAN](#) -10:02 AM Nov 14th, 2012



[bridgetwhitlow](#) [@edbites](#) is a freelance [#science](#) writer who blogs daily at <http://t.co/2lyPIhDI> [#decodingAN](#) -10:01 AM Nov 14th, 2012



[edbites](#) [@bridgetwhitlow](#) Thanks for inviting me! [#DecodingAN](#) -10:01 AM Nov 14th, 2012



[bridgetwhitlow](#) Welcome Carrie [@edbites](#) ! Thank you for joining this morning to tell us more about your new book! [#decodingAN](#) -10:00 AM Nov 14th, 2012