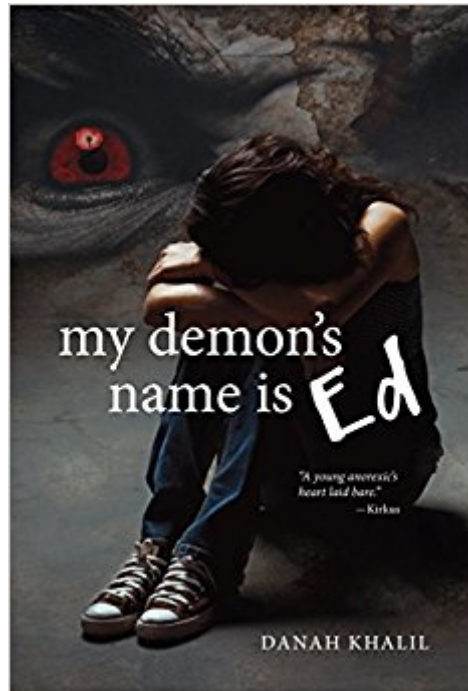




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My Demon's Name Is Ed



Synopsis

The real journal entries of a teen girl suffering with anorexia show the terrifying grip the disorder has on her. Her eating disorder is personified as Ed, undermining her self-esteem and her perception of the world. How can she explain that even when she tries to develop healthier eating habits, there is a demon wriggling inside her mind, determining her every step? You see? It is *“normal”* to lose weight. I told you. Yes, I am always right. You must keep going. Keep going. My Demon’s Name is Ed is a brutally honest depiction of a disorder that changes a life forever.

Book Information

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Average Customer Review: 3.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,586,013 in Books (See Top 100 in Books) #45 in *Books > Teens >*

Social Issues > Peer Pressure

Customer Reviews

Gr 9 Up • Khalil chronicles her personal journey of conquering an eating disorder in her autobiographical debut. Using her own journal entries, the author starts with Danah at 14 years old, developing unhealthy eating and overexercising habits. Listening to the demon voice in her head named Ed, she begins to lose all sense of reality and faith in herself. Eventually, the teen is taken to a treatment program at a hospital after family and friends notice a change in her appearance. Wanting to be rid of the disorder, she is able to get on the right track by writing a food and exercise log. However, Ed still lingers in her mind and thrives on weakening Danah’s self-esteem. Readers will identify with the protagonist as she struggles to free herself from her eating disorder. The terrifying aspect of the novel is when Ed, whose narration is indicated with an italic font, constantly places negative thoughts into Danah’s head and causes her to draw back from reaching her own goals. Though the ending is very abrupt, teens will feel compassion for Danah as she tries to defeat the disorder and Ed. VERDICT A realistic and dramatic work that will resonate with young adults;

pair with Laurie Halse Anderson's *Wintergirls*. — •Adrienne Sayban, Peoria Public Library, AZ

[Khalil's] voice is authentic and visceral... This brave revelation is a young anorexic's heart laid bare. (Kirkus Reviews)A realistic and dramatic work that will resonate with young adults. (School Library Journal)Khalil's eating disorder is personified in the form of a demon called Ed. This characterization is extremely effective, underscoring the insidious ways in which anorexia tugs at the back of her mind, undermining her self-esteem and making her doubt her perceptions of herself and the world around her.... A cautionary tale, highly recommended for parents, adolescents, and health professionals. (Quill & Quire)...an enlightening read for anyone with, or close to someone with, an eating disorder... The immensity of Danah's daily struggle with a very real and visceral disorder certainly comes through in her deeply conflicted reflection. (Canadian Children's Book News)Danah Khalil has written compelling novel based on her own struggle with an eating disorder... It takes guts to share something so profoundly emotional and deeply personal. Her suffering is visceral. Her voice is completely authentic... *My Demon's Name is Ed* is an excellent book that will alert parents, siblings, friends, and teachers to the earliest symptoms of eating disorders and seek help. (Children's Books Heal)

Being interested as I am in mental health issues, I was very intrigued by this book. For me, Ed is the very personification of the demented activity that can go on inside the head of a mentally sick person. Yes, it can feel as if there is constantly a voice in your ear, urging you on and on even though you know you shouldn't. Yes, it can feel as if you are perpetually in a battle - usually with yourself - over your actions. Yes, you do feel that you want to silence a perpetually busy brain permanently, whatever it takes - just to get some peace and quiet. I really felt for Danah, I truly did - but I couldn't finish her book. The downside is that it was very repetitive; people with mental illness often have very repetitive lives based on obsessions and behaviours that they might have developed to cope with life. To summarise, although Danah wrote very poignantly, desperately, and with more knowledge of her subject than you would hope a teenage girl would have, the repetitiveness of the book finally beat me. I give this book three stars out of five.

Very creative in the way it is written. Interesting perspective.

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