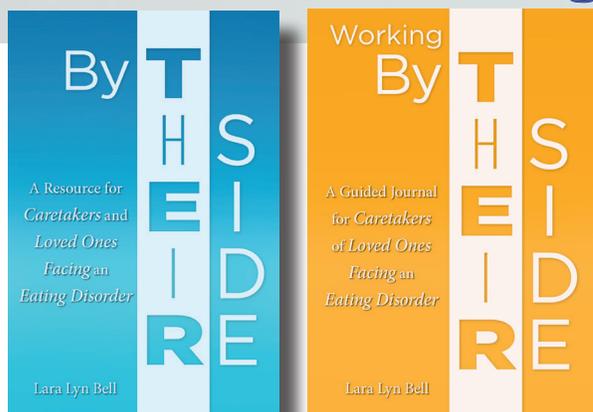


By Their Side: A Resource for Caretakers and Loved Ones Facing an Eating Disorder



For Immediate Release:

By Their Side Delivers Hope for Caregivers as a Guide to Eating Disorder Recovery

Dallas, TX - Finding the best care and providing support can be overwhelming for the families and friends of those who suffer from eating disorders, but with increased awareness comes a greater ability to combat them. Families, friends, doctors, therapists and recovered advocates have shared their expertise under the collective pen name, Lara Lyn Bell, to *By Their Side: A Resource for Caretakers and Loved Ones Facing an Eating Disorder* (Brown Books Publishing Group). Releasing on November 12, 2019, *By Their Side* empowers caregivers to better understand their loved ones' suffering and provide support while also maintaining balance and care for themselves.

The forty contributors to this book believe the first-hand testimonials, technical knowledge and actionable guidance will serve as a lifeline empowering readers as they continue fighting along side their loved one struggling with an eating disorder. No matter how dark the moment feels, there is hope for full and comprehensive healing. Through partnerships, a portion of the proceeds from this book will be dedicated to those who cannot afford treatment.

The companion piece from Lara Lyn Bell entitled, *Working by Their Side: A Guided Journal for Caretakers of Loved Ones Facing an Eating Disorder*, follows along with each chapter of its main book creating sections for discovery and learning helping both the reader and their loved one deal with the complexities of an eating disorder. This hands-on tool is designed to personalize the healing process through prompts, educational components and self-reflection offering a healthy start in recovery. "In addition to reading *By Their Side*, working simultaneously in the companion workbook will be one of the caretaker's greatest assets in their journey. It will put them steps ahead in the therapeutic process as they walk toward health and healing." - BETHANY HALEY WILLIAMS, PhD, LCSW | Founder & CEO, Exile International.

For more information regarding *By Their Side* and *Working by Their Side*, visit bytheirsidebook.com

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By Their Side
Lara Lyn Bell | 978-1-61254-319-2 | \$16.95
SELF-HELP / Eating Disorders & Body Image/
Motivational & Inspirational
www.bytheirsidebook.com

About Lara Lyn Bell

This is not just one person's story.

Lara Lyn Bell represents the collective voice of this book's contributors, who have watched with fear, worry and hope as their loved ones battled eating disorders. Bell is comprised of trained professionals, including medical doctors, therapists and psychologists, along with family members and caregivers whose extensive knowledge lends itself to this supportive guide through the darkness of an eating disorder to the light of healing.

The collective authorship model encourages readers to examine their own experience with or in relation to eating disorders. Within the testimonies included, they can connect with the struggles and successes of mothers, fathers, brothers, sisters, aunts, uncles, extended family, friends and recovered advocates. Lara Lyn Bell aims to provide hope and relief to all those affected by eating disorders and serve as a resource for caretakers of those who are suffering. This book's contributors have combined forces because they have found that strength comes from being together rather than alone, and they seek to offer that strength to anyone fighting this battle.

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Q & A with Lara Lyn Bell

1. For whom will this book be a helpful resource?

This book is a book for everyone. Although one might argue the main audience is anyone being affected by a loved one struggling with an eating disorder, we believe the knowledge within this book is critical for anyone living in our world today.

2. Why is the discussion of eating disorders important in today's society?

We live in a world of false imaging in the media. We are constantly bombarded by messaging that tells us that our value is in our physical appearance. It is crucial, now more than ever, that we fight this false narrative and instead focus on a larger picture that places value where value is due. The discussion is all about “positive body image,” gender equality and acceptance, yet eating disorders are on the rise. The conversation about these disorders has to continue and maintain immediacy in order to save the precious lives of those affected.

3. What goal does the collective voice of Lara Lyn Bell hope to achieve with this book?

In one word - empower. This book is a tool to empower others to be advocates for recovery. The collective voice of Lara Lyn Bell is a unique concept and we believe it is effective because personal healing occurs by adapting the information learned and applying it to your own situation.

4. How does the “One Powerful Voice” of Lara Lyn Bell add to the book’s message?

Power in numbers has always been an influential and inspiring tool used to tell stories and truth. Lara Lyn Bell’s “One Powerful Voice” allows us to focus on our commonality and shared experiences, which hopefully help the reader to feel less alone and afraid. This collaborative approach fosters growth as you recognize your own personal capacity, capabilities and needs within the healing process.

Q & A with Lara Lyn Bell

5. What should caretakers be able to accomplish by utilizing this book?

With this book, caretakers will gain insight into how to successfully seek help through much needed resources and understand their roles in the lives of their loved ones. No one should feel alone in this battle.

6. What are a few surprising or unknown facts about eating disorders?

Every 62 minutes, an individual dies as a direct result of his or her eating disorder in the United States, and anorexia is the number one deadliest psychiatric disorder.

7. What advice would Lara Lyn Bell offer to struggling caretakers or families watching their loved ones suffer?

The best advice would be to find resources, continue to learn about the disorders, promote awareness and create a strong support network.

8. Where is the best place to begin research for someone who is or has been recently affected by an eating disorder?

By Their Side was created to be a resource for all caretakers and family members to begin researching and educating themselves about eating disorders. It contains trusted information from respected organizations and individuals who have overcome obstacles caused by these disorders.

Praise for the Book

“*By Their Side* is a moving and much-needed book, because it speaks directly to the caregivers, friends, and families of those battling an eating disorder. Having a support network that understands the core issues and complexities plays a significant - yet often overlooked - role in lasting recovery, and Lara Lyn Bell’s strong voice offers guidance and solidarity throughout the journey.”

- **KIRSTEN HAGLUND** | Global Business Development & Digital Director for Eating Disorder Hope; Miss America 2008; Political Analyst/Host for Fox, MSNBC, and CNN; Founder and President of the Kirsten Haglund Foundation

“Sharing their stories in one powerful voice as Lara Lyn Bell, the contributors to *By Their Side* stand united as an ally for anyone battling an eating disorder. By speaking together, these recovered advocates, families, friends, and professionals turned their most humbling challenges into a source of healing, and they are a poignant reminder that together is always stronger than alone.”

- **BRIAN CUBAN** | Best-Selling Author, Attorney, Eating Disorder Recovery Advocate

“Having worked with many of the courageous contributors to this book, there is no doubt their collective knowledge will be an invaluable education for caregivers as they work to help their loved one heal. Enabling caregivers with the necessary coping skills, self-awareness tools, and self-care resources is critical, and the combination of the book and workbook empowers them to be fully engaged in the recovery process.”

- **MELODY MOORE, Ph.D, E-RYT** | Licensed Clinical Psychologist; Founder of Embody Love Movement Foundation; Author and Speaker

“The incredibly honest stories in *By Their Side* offer more than perspective; they offer a roadmap to equip readers to better support loved ones recovering from eating disorders. Having devoted my career to helping others rebuild a healthy body image and a healthy relationship with food that is built on inner trust, I believe the diverse, yet universally familiar, experiences shared in this book are a vital resource for those fighting the shame, secrecy, and stigma that is often at the heart of their struggle.”

- **ELYSE RESCH, MS, RDN, CEDRD-S, Fiaedp, FADA, FAND** | Originator & Coauthor of Intuitive Eating; Author of The Intuitive Eating Workbook for Teens

“The contributors to *By Their Side* are selflessly courageous, and their stories are unforgettable examples of transparency, perseverance, and above all, grace. For those walking alongside someone they love on the long road to recovery, the book will resonate, and the workbook turns this resonance into action with a hands-on approach to reconnecting with hope and faith.”

- **TOVA SIDO** | Pastor, Author, Podcast Host, “The Remedy with Tova Sido”

“Equal parts raw, poignant, emotional, and powerful. The stories, advice, and solutions in the book are excellent and potent, because they [not only come from eating disorder professionals] but from the real experts on the frontlines - moms, families, and loved ones.”

- **EDDIE COKER** | Singer-songwriter and Founder of the Wezmore Project

“This book is thoughtful and insightful. After nearly two decades in the field, it is wonderful to have a resource that gives such a direct and candid look at the diverse experiences of treating and recovering from eating disorders. This collected work will guide you through the path taken by so many others and show that you are not alone in the darkness.”

- **TYLER WOOTEN, MD** | Medical Director, Eating Recovery Center of Dallas

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Praise for the Book

“By Their Side is the book that caregivers of those battling eating disorders have always needed. The collective authors courageously and beautifully pull together their wisdom acquired from personal experience with eating disorders. *By Their Side* provides caregivers with specific skills and communication tools that truly speak to the intricacies of this illness. Readers will experience a sense of support, camaraderie, and renewed hope. This book is truly a gift and will help so many.”

- **COLLEEN REICHMAN** | Licensed Clinical Psychologist

“By Their Side offers a step-by-step guide for families and caregivers supporting a loved one with an eating disorder. With practical suggestions, lived experiences and references to additional resources, caregivers will find the guidance needed to navigate the path to recovery from an eating disorder. I highly recommend this book.”

- **BETH AYN STANSFIELD, M. Ed** | National Family Advocate | Eating Recovery Center | Insight Behavioral Health

“This is a must-read for anyone whose family has been affected by an eating disorder. The book delivers invaluable insights and will resonate with families and caregivers who are feeling alone, afraid, and totally overwhelmed.”

- **STEPHANIE SETLIFF, MD** | Medical Director, Eating Recovery Center of Dallas

*“The entire family struggles when their loved one battles an eating disorder, and support for family and friends is vital to the healing process. *By Their Side* delivers that support through first-hand experiences from an array of warriors, because knowing you’re not alone is the beginning of healing. The book offers hopeful solutions for an extremely complicated and terrifying illness, and hope is the key to sustaining the team effort that’s necessary for recovery.”*

- **TERRY BENTLEY HILL** | Criminal Defense Attorney and Recipient of the Presidential Citation Award and Mental Health of America’s Carmen Miller Michael Prism Award for Mental Health Advocacy

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Book Excerpts

“As you learn your role in your child’s therapy, surround yourself with positive support from the professionals you hire. You need to genuinely support and immensely trust your professional team, including your child’s doctors, therapists, psychiatrists, etc. And, to the best of their ability, the professionals need to become advocates for your child as well as for you”

- *Lara Lyn Bell - Page 61*

“Let your children know that you can make room for imperfection - yours and theirs - and that the very things that make them beautiful are their flaws and their unique essence. Measure your love not in numbers but by character and intrinsic value.”

- *Therapist Miki Johnston, MSW, LCSW - Page 106*

“I also find that parents who seek processing and supportive groups within their community composed of others who are experiencing the same challenges tend to become more confident in their decision to leave their child behind for treatment. Having the ability to understand you are not alone can help put your worries at ease.”

- *ShaQuaila Burrell (LCSW) - Page 154*

“It’s a shame that many disorders that fall into the psychological category are usually not covered, whereas if your child breaks their leg, then all is easily processed. There are currently efforts underway to improve this, and my hope is that the day will come when mental and psychological disorders are proportionally equal in coverage to any illness.”

- *A Determined Mom - Page 186*

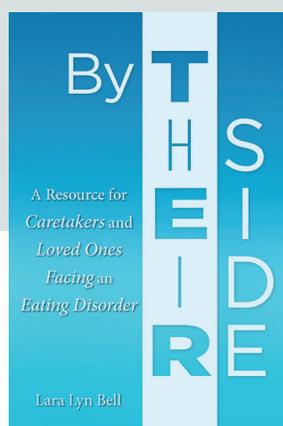
“Remember, you are fighting against a disease that is smart, cunning, and does not want you well. In seeking treatment, you’ll hit many walls, but you must not give up efforts or hope.”

- *Kimberly Martines, Executive Director at the Elisa Project - Page 193*

“Therapy can help you discover, recreate, develop, and mature certain aspects of your nature and character. As parents and guardians, we tend to give all our attention to our kids and often deprive ourselves of the exact processing we are asking of our children!”

- *Lara Lyn Bell - Page 139*

Book Information

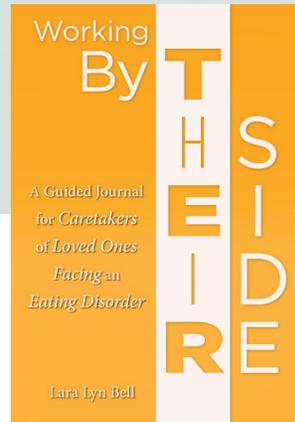


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Synopsis

By Their Side is a supportive guide through the struggles of eating disorders for the caregivers fighting alongside their suffering loved one. Written by a collection of supportive families, friends, doctors, therapists and past E.D. survivors, it serves as a map to find and follow the path towards recovery.

Book Information



Title..... *Working By Their Side: A Guided Journal for Caretakers of Loved Ones Facing an Eating Disorder*

Author..... Lara Lyn Bell

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Author Website.....www.bytheirsidebook.com

Synopsis

Working by Their Side: A Guided Journal for Caretakers of Loved Ones Facing an Eating Disorder was designed as a companion to *By Their Side*, to provide space for recording thoughts, observations and specific questions intended to help readers dig deeper and discover how to best help their loved ones and themselves. As you read *By Their Side*, work through the prompts in this journal with openness and honesty, and begin your journey down the road to understanding, and healing.