

Reviews taken from AMAZON for - *Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder*

5.0 out of 5 stars A BEACON, June 22, 2014

By Karen Robertson - See all my reviews

Verified Purchase(What's this?)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Kindle Edition)

A loving legacy. Not just to her daughter, but to all mothers. I highly recommend this book to mothers of daughters faced with any kind of mental illness or addiction. Barbara provides as much as you can handle of the raw pain. As the mother of a daughter with the dual challenges of bulimia and substance abuse, reading this book was both terrifying and comforting. It was like having a sherpa with me on the dark side of the mountain telling me she knows how hard the journey is, but that I can really make it to the bright side. Sometimes, it's easy to forget.

5.0 out of 5 stars Heartbreaking, honest, compassionate, September 26, 2013

By Bonnie - See all my reviews

Verified Purchase(What's this?)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

Barbara Hale-Seubert should be applauded for her courageous and well written account of the nightmare she lived through while witnessing her daughter suffer from an eating disorder. The book is frightfully sad to readers who have never dealt with this disease, but at the same time surprisingly hopeful and inspirational to all parents dealing with psychological problems of their children. The grief you feel for this compassionate, understanding, and determined mother strengthens the reader's ability to understand that a parent can not solve all of their children's problems nor should they feel guilty for being unable to do so.

This book is invaluable for anyone who has a loved one suffering from this demon as well as for the parents and friends of children struggling with mental illness.

5.0 out of 5 stars A daughter's tragedy told compassionately from a mother's heart, August 27, 2013

By Mary S Eaton - See all my reviews

Verified Purchase(What's this?)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Kindle Edition)

This book is so insightful yet well written with love and compassion at it's base. It screams honesty. I cannot imagine the pain or love it took to write such a book. It concentrates on her daughter and her love in a way that gives the reader a huge amount to chew on. Even if you do not have a daughter with an eating disorder the book still speaks to the troubles many of us have relating to the daughter we have lost.

5.0 out of 5 stars Definitely a riptide of emotions for the reader of this book. For every parent who has felt the helplessness of losing a child., November 5, 2013

By Jane C. Sidwell - See all my reviews

Verified Purchase(What's this?)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder

(Paperback)

This author has given a great gift of self, heart-rending experience, and hope to all who have faced the loss of a child. More specifically, Barbara shares facing this loss with the knowledge of her own inability to change the outcome, along with the ever-present possibility of losing herself along with her child, Barbara shares from her diaries, her experience as a skillful therapist, and her love for Erin, even as her daughter challenged every aspect of Barbara's ability to love and "stay the course," with her daughter. The pain is raw and packs a big "punch" for the reader. Yet, in the end, Barbara builds understanding for this struggle with Erin's eating disorder and, as reader, I found joy in Barbara's own resurfacing from such a devastating loss.

5.0 out of 5 stars Acceptance, July 2, 2013

By Jess - See all my reviews

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

When I first picked up Riptide at the book store I was unsure how I would feel about reading this memoir. This is because I placed my own anxieties and confusion about my mother onto Barbara, expecting to feel the same resentment and anger. However, after reading it not once but twice I was stunned at how real and compassionate the book was. It brought me into a world that I could not understand myself since I too suffer from an eating disorder. Upon finishing the book, I gained a new perspective at how hard and painful it is to watch someone you cherish starve, steal and lie. Many of the books on the shelves today are written about a persons own struggles with their mental illness but rarely do we see how it affects the family around them first hand. Barbara is able to account for the heartache and turmoil that a mother feels when watching their first born child struggle to stay alive for over ten years. This memoir had such a strong impact on myself, that I had to meet the woman who wrote it. When I finally gained the courage to track down Barbara, it was the best thing I could have ever done. She welcomed me with open arms and we discussed the impact an eating disorder can have on our loved ones. I was able to gain an even greater insight into how much she loved her daughter. No one could have saved Erin but herself and having a mother accept that knowledge is the hardest thing to do. I hope I can one day be a mother just like her. A mother who has an infinite amount of love for all of her children, is able to recognize and allow herself to feel her own emotions and be able to accept what she cannot control.

5.0 out of 5 stars good book, July 1, 2013

By Vanya (LYNCHBURG, VA, US) - See all my reviews

Verified Purchase(What's this?)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

This book would be great for families that have loss someone due to an eating disorder or for those looking for someone to relate to.

5.0 out of 5 stars Unflinching and Courageous, June 4, 2012

By Anthropologist on Mars - See all my reviews

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

Barbara Hale Seubert's memoir of her daughter's slow, horrible death from an eating disorder is unflinchingly honest. Writing this book must have been a bare-knuckled act of courage. It takes some

courage just to read it. Seubert neither blames her daughter nor herself for the spiraling crisis that threatens to overwhelm her family. The book is unusual because Seubert does not hide behind the myth of the Great Mother, who through the force of love and will can save her daughter. She can not embody that myth, and by stating that plainly, she seeks to give her readers permission to accept their own humanity. Neither is her daughter the Great Victim. Her daughter is depicted with agency and power, but not in the end, the ability to conquer her disease. It is the stripping away of these myths that is so frightening for the reader. Seubert refuses to sugar coat the situation. She lets no one off the hook for their own responsibility in the tragedy that befell her family, yet she is compassionate about the humanity of everyone involved. In the end, despite Erin's tragic death, Riptide is an uplifting book. Seubert and her family survive - they even thrive. She is able to be a whole person with a loving marriage, and to be loving parent to her remaining children. The maelstrom of Erin's disease does not destroy Seubert's family. She points the way towards true forgiveness and healing, not by platitudes and magical thinking, but by the hard work of the heart.

5.0 out of 5 stars Brave book, November 10, 2011

By E. G. Horovitz "Dr. H" (Pittsford, NY USA) - See all my reviews

(REAL NAME)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

This page-turning book is a frank yet brutally honest view of eating disorders. To be able to articulate the pain of both parental and filial struggles that comes with this heinous disease is a rare gift. Barbara Hale-Seubert confronts this emotional roller coaster and offers a realistic account of this heartbreaking journey. The story is raw, honest, and compassionately written. Brava for opening your painful world to others, allowing them to bask in the grace of your story and know that they are not the only ones.

5.0 out of 5 stars Honest, October 21, 2011

By Sandra - See all my reviews

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

I so appreciate Barbara Hale Seubert's honesty in disclosing her angst in raising a daughter with an eating disorder. The author is unafraid to relate her own shortcomings and exhaustion while trying desperately to be a good mother. She does not attempt to make herself look good while floundering for solutions. I wonder how I would have done in same situation. Riptide helps me understand the complexity of eating disorders and its impact on family members.

5.0 out of 5 stars Excellent, August 10, 2011

By Mollly - See all my reviews

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

Barbara Hale Seubert has written an extremely helpful book for anyone who is living with someone with an eating disorder. In a brutally honest personal account, she reveals her own struggles with guilt, frustration, and despair and how she learned to cope. I highly recommend this book.

5.0 out of 5 stars *A must read, August 9, 2011*

By Martha R. Boland "MartiB" (Elmira, NY USA) - See all my reviews

Verified Purchase(What's this?)

This review is from: *Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)*

Any mother who has teenagers (or above) it is a must read. The author's courageous delivery of the struggle to remain a caring mother, a developing psychotherapist, and travel with her daughter the devastating effects of the daughter's eating disorder. I identified with most of the author's thoughts, feelings, anxieties etc. as she was raising her children - even though I didn't have a child with a serious illness. It was a relief to find I wasn't the only mother who doubted herself, felt guilts for perceived failings, and desperately looking for help for her daughter. Again, a courageous story.

5.0 out of 5 stars *Amazing, July 4, 2011*

By ESM - See all my reviews

Verified Purchase(What's this?)

This review is from: *Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)*

Barbara Hale-Seubert accomplished something not many have in this book. She captures her readers into how both she, her daughter, and her family experienced the devastation of eating disorders. She courageously allowed readers to share in her fear, despair, hope, frustrations, grief and lessons learned in her daughter's struggle. Her book moved me to tears. It is a tough read at times, but inspirational at the same time. I could not put it down.

5.0 out of 5 stars *Powerful memoir of a mother's journey from grief to peace as her daughter suffers with an eating disorder., June 23, 2011*

By M. Stefanides (USA) - See all my reviews

(REAL NAME)

This review is from: *Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)*

Barbara Hale-Seubert writes a deeply moving memoir of her journey through her daughter Erin's 10-year struggle with an eating disorder.

Erin is the oldest of Hale-Seubert's four daughters. The outward sign of the beginning of her battle begins at age 12 with a school assignment's diary of everything she eats. Although she is shocked at how little Erin had listed as eating for the day, Hale-Seubert doesn't push, knowing that her daughter would only push back harder.

That caution quickly fades, as Erin first stops growing, and then turns into a skeletal version of herself from eating less and less.

But *Riptide* is far more than a chronicle of a daughter's serious illness; it is a voyage into the heart and soul of Hale-Seubert herself.

Although parents can seldom be held responsible directly for the course of their children's lives, we all carry our own baggage that affects them. As Hale-Seubert examines her own life and how to live it in the context of Erin's disease, she discovers her own views on food and body image, and that of her mother and grandmother. She learns how she had subconsciously absorbed the attitudes of generations before her, not seeing at the time how her family's outlook on food shaped her own.

Hale-Seubert's view of herself, and her relationships with her parents, her first husband, and later her second husband, also shape the lives of her daughters, as does the girls' father's behavior toward them.

The struggles Hale-Seubert writes about are with herself as much as with Erin. Over the years, she

discovers her true inner self and learns the importance of being true to herself even as she makes all the traditional sacrifices mothers make for their children.

In the end, Hale-Seubert's memoir brings parents a message of hope amid the tragedy of not being able to save her daughter. As she learns, the only one who can save Erin is Erin herself. And the only one who can save Hale-Seubert is herself.

We suffer with her, and rejoice with her. We grieve with her, and celebrate with her.

As painful as this journey is, it ends with self-discovery that provides Hale-Seubert with forgiveness and redemption.

Hale-Seubert bares open her heart and soul first to herself, and then to the readers, with harsh honesty. I couldn't help but be moved by her pain and then peace. She gives hope to all parents who ride the roller coaster of feeling they're not doing enough for their children, yet facing the need to authentically live their own lives.

I recommend this book not only for parents who are struggling with a child's serious mental illness, but for all parents who wonder and worry that they are not doing enough for their children, including sacrificing living their own lives. And in reality, isn't that all of us?

5.0 out of 5 stars Peace Beyond the Pain, June 11, 2011

By A. D. Cox (northern PA, USA) - See all my reviews

(VINE VOICE)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

I feel firmly committed to telling readers about Barbara Hale-Seubert's recently-published book, "Riptide", though it is an emotionally difficult task. Luckily for the reader, this book is much easier to read than it may be to discuss. Tackling these painful issues, however, is precisely what makes Barb's book so powerful and necessary. "Riptide" is a courageous, insightful, honest examination of a journey few families want to talk about - the addiction and self-destruction of a loved one, and the family's roller-coaster ride alongside them. Without a doubt, families trying to deal with a loved one's psychiatric illness or addiction, struggle through exhausting waves of guilt, anger, shame, love, helplessness, self-doubt, despair and hope. Though our culture has become more accepting of and open about addiction issues, still families struggle with what to say to people in their communities. They feel the addicted loved one somehow serves as an indictment of their family, shouting to the community that "there's something wrong with those people, that someone in their family would have to deal with things in such a self-destructive way." Families are afraid people will judge their loved one - or the entire family - as weak, lacking in self-control, crazy, bad parents, bad Christians, abusive, ignorant - you name it. Whether the blame and shame comes from the community or only from the minds of the family themselves, there's no doubt there's usually more than enough to go around. Thus, families protect the loved one and themselves by keeping the issues "private". As Erin's mother, Barb, too struggled with all these feelings. Though Barb Hale-Seubert and her husband Andrew Seubert are therapists, their profession did not always ease their suffering through the many years of dealing with Erin's illness, her short recoveries and her many relapses. As a matter of fact, being a therapist often increased Barb's feelings of shame and guilt. A mother often blames herself for her child's patterns of self-destruction, thinking the "if only I were a better mother" that our culture and perhaps our own deep-rooted psychology plants inside us. Worse for Barb, she would think: "In my professional capacity, I have helped so many people. Why can't I help my own daughter? What will people think of me as a therapist when they see my daughter slowly killing herself?" We have so many stories and studies and sayings that tell us the lengths a mother will go to in order to save her child: Barb, too, fought like hell to save her daughter Erin from the disease which ravaged her for ten years. The problem was, too often, Barb ended up fighting Erin to save her from herself. "Riptide" takes passages from the journals that Barb kept over the years of Erin's illness, until and beyond Erin's death in 2000, at the age of 23. Through her writing, Barb was able to move to a more peaceful place

in being with Erin. Barb began to understand how Erin's eating disorder had a stranglehold on Erin, that Erin believed that she could not cope with life without the eating disorder, even while those coping techniques were killing her. Near the end of Erin's life, Barb was able to be with Erin in a place of love and forgiveness, instead of endless tension and struggle, knowing that the only one who could save Erin was Erin herself. Barb gives her readers an amazing gift sharing her Erin's life and death, and Barb's own struggles alongside her daughter, in this book. Frederic Luskin, Ph.D., author and director of the Stanford Forgiveness Projects, praises Riptide as "a well-written and searingly honest account of a mother's journey through loss and grief.... [this] story culminates in what healing from pain can lead to - finding the compassion and forgiveness that offer meaning to our heartbreaks." With "Riptide", Barb Hale-Seubert offers inspiration and guidance to families living with a loved one's addiction, mental illness, and/or eating disorder. Though I cried while reading it, though I had a terrible time getting started in writing this review, I feel blessed to have read it and proud to recommend and sell this important book.

5.0 out of 5 stars reflective loving inspiring, May 19, 2011

By Barbara L. Dick "BookShare" (New York State) - See all my reviews

(REAL NAME)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Kindle Edition)

Open your heart! In Riptide, with candor and courage, Barbara Hale-Seubert invites us to share her daughter's ten year struggle with anorexia and bulimia. Erin's death occurred in 2000.

In luminous prose, Barbara describes the many facets of this challenging mental illness. She peels layers and exposes the rawness of anorexia/bulimia. She unmaskes her own turmoil, anger, frustrations, guilt and pain. Warmth, humor, compassion and love for Erin surface throughout her heart-wrenching chronology.

Riptide is a memoir to be swallowed, digested, understood in small doses. Barbara's words are a journey of self-discovery; a tribute to the human spirit that a resurgence of hope may prevail after extreme adversity in life.

Eating disorders have no boundaries! May this book be translated into languages spoken on other continents. This is a VERY important book; the messages present on these pages will offer hope to many who have a beloved family member struggling with an eating disorder.....

barbara d. librarian

5.0 out of 5 stars Beautiful. powerful, poignant., May 2, 2011

By Alycia A. Chambers - See all my reviews

(REAL NAME)

Verified Purchase(What's this?)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

I was unable to put this book down. It is beautifully written. This is a journey in the company of serious mental illness (anorexia nervosa), a perspective on one of the hardest mothering experiences one can imagine. It both sheds a bright light on and somehow softens the experience of anyone who struggles against our inevitable human limitations, despite the deepest of loves. We are not alone. To our benefit, Hale-Seubert weaves wisdom from the ages, hard-won insight, and deeply painful experiences into a tribute to the human spirit and shows us the realized possibility of profound development even in tragedy and loss.

5.0 out of 5 stars The heart of living life, May 1, 2011

By Wendy (Pennsylvania) - See all my reviews

Verified Purchase(What's this?)

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

The experience of reading the book is an intense journey through the author's struggle with her daughter's anorexia. Barbara Hale-Seubert did an excellent job writing this soul searching account of her daughter's struggle, the best I could imagine anyone doing. I had trouble putting the book down to do other things. However, the scope of this book is much larger than a mother and daughter's struggle with an eating disorder. Most importantly this book speaks to the heart of living life. With grace Riptide brings the reader to the honest struggle of staying with love, pain, disappointment, and hope in the face of what life brings and the influence we have and the influence we don't have over what happens to us and those we love. I think this book is a gift to those of us who read it because it opens the way to look at our own lives with some of the same honesty and wisdom that Hale-Seubert brought to hers. Finally, I believe this book is truly a tribute to Erin's life struggle and to all those who loved and struggled with her.

5.0 out of 5 stars A truthful account, April 18, 2011

By cadenceofcantering - See all my reviews

This review is from: Riptide: Struggling with and Resurfacing from a Daughter's Eating Disorder (Paperback)

Barbara Hale-Seubert stands against the shame, the anger, the helplessness which rages along side any disorder. This truthful account is painful to read because nothing is hidden or softened. Anorexia is ugly and she leaves it that way. Through Riptide, Hale-Seubert allows us to find comfort that we are not alone in that ugliness. Not only for families that are suffering, anyone who reads Riptide will open their eyes to what it is like living with anorexia. For people unaware of all the layers of destruction of this disorder, much beyond the physical body, Riptide will take you through a journey.