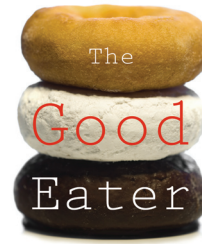


At age 21 Ron Saxen weighed 180 lbs. and was a successful, up-and-coming model.

Six months and seventy pounds later he was hiding from his modeling agent while working in a coffee shop.

***The Good Eater* is the story of his lifelong struggle with binge eating.**

the true story of
one man's struggle with
binge eating disorder



RON SAXEN

I can still remember the first time my father challenged me to an eating contest.

'Ron, do you think you're a fast eater?'
'Yes, sir.'

My family and I sat around the big formica table in our dining room. At five, I was about to learn my first and best way to keep Dad happy.



Photo by Leslie Sosnick

Ron Saxen learned early to soothe the anxiety of an often violent childhood with a steady stream of food. *The Good Eater* details his conservative small-town childhood at the hands of an often harsh disciplinary father, a strict and controlling religion, and a passive mother. To Ron, eating fast and eating a lot seemed like his only means of getting praise from his parents.

As his struggle with food progresses through his school years and the discovery of girls (which only makes him feel worse about his weight) Ron attempts his first diet in the 10th grade. Years of roller-coaster dieting follows, hitting a peak when, as a college student, Ron begins a draconian diet and exercise plan that allows him to finally reach his ideal weight: 179 lbs. A typical day for him would be 4 hours of jogging, bike-riding, swimming, and weightlifting with only four cups of coffee and a banana for food. People began to ask him if he were a model, and he finally decides to be one.

But Ron cannot forget his years as a "fatty" and eventually his binge eating resurfaces, and threatens to dominate his life forever...

With brutal honesty and self-deprecating humor Ron Saxen tells the story of his years binge eating and how he finally overcame the demons of his past to find love, self-respect, and hope for the future.

**FOR INTERVIEW REQUESTS OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

**The Good Eater: The True Story of One Man Struggle with Binge Eating
by Ron Saxen, Published March 1, 2007 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$24.95, Hardcover, ISBN-10: 1-57224-485-2
ISBN-13: 978-1-57224-485-6, 5.5 x 8.25, 296 pages**

Facts About Binge Eating*

2 to 4 million Americans suffer from Binge Eating Disorder (BED). 40% of these are men.

Binge eating disorder is the one eating disorder that seems to effect almost as many men as

women.

Up to half of all people with binge eating disorder have a history of depression

Those with a binge-eating disorder experience feelings of self-disgust and shame, which can lead to bingeing again, creating a cycle of binge eating

2/3 of Americans older than 20 are thought to be overweight. Between 25-25% of people who seek treatment for obesity are thought to have a binge eating disorder.

Health consequences of binge eating include:

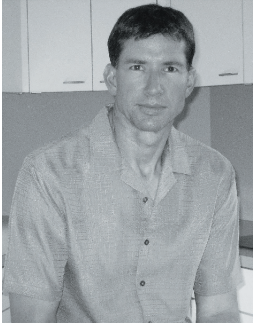
- *High blood pressure
- *High cholesterol levels
- *Heart disease
- *Diabetes mellitus
- *Gallbladder disease

10-15% of those with BED will die of the disorder.

*Statistics from National Eating Disorders Association, The National Institutes of Mental Health, and Athealth.com

about the author of *The Good Eater*

Photo by Leslie Sosnick



Ron Saxen has worked in sales, as a stand up comedian, and as a comedy writer. He lives with his wife Leslie in Berkeley, California. Visit him online at www.ronsaxen.com.

suggested interview questions

- 1) Please describe your home life growing up.
- 2) When would you say your relationship with food began to become unhealthy?
- 3) As you grew older and your eating habits spiraled out of control, what was the reaction of your family?
- 4) What prompted you to begin your first diet? Did you connect your father's leaving the family with your weight/bingeing?
- 5) What prompted the strict diet that you adopted in early 1984? Could you describe what you would eat on a typical day?
- 6) What made you consider modeling?
- 7) How did you feel at your first modeling job?
- 8) Why did you end up giving up modeling?
- 9) In the book you describe an act of kindness by a stranger in 1995 that you say changed your life. What was it?
- 10) How did you meet your current wife, Leslie? How has she changed your life?
- 11) What is your relationship with your parents and siblings like now? Have you made peace with your childhood?
- 12) When was the last time you binged? How do you maintain a healthy relationship with food now?
- 13) Do you ever worry that you may binge again?

**FOR INTERVIEW REQUESTS OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

**The Good Eater: The True Story of One Man Struggle with Binge Eating
by Ron Saxen, Published March 1, 2007 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$24.95, Hardcover, ISBN-10: 1-57224-485-2
ISBN-13: 978-1-57224-485-6, 5.5 x 8.25, 296 pages**

timeline for *The Good Eater*

- 1968—At the age of five, Ron links cleaning his plate with pleasing his parents.
- 1972—Discovers the numbing benefit that three pounds of chocolate can have against the fear of an impending late night whipping—birth of the coping binge.
- 1975—Coping binges expand to 5000 calorie pleasure and opportunity binges.
- 1978—Called *fatso* for the first. Shame from weight gain, plus the perceived mortal sin of masturbation, become powerful bingeing triggers.
- 1979—Father suddenly leaves. Rattled by the event, Ron goes on his first diet.
- 1981—The diet is successful and Ron is shocked when a beautiful girl, the student body VP from a neighboring town where he works, asks him out.
- 1981—At his prom Ron's classmates are shocked. When Nicole dumps him a week later, Ron figures someone must have told her the truth on her way to the restroom, that he's really a geek, just a fat guy who lost weight.
- 1982—Exhausted from going to college full time, working full time, and with no female companionship, binges, now reaching 7500 calories, return.
- 1983—Ron hits bottem with his binges and vows to be perfect for the rest of his life.
- 1984—As the weight melts off, Ron is shocked when asked if he's a model. He still sees himself as the fat guy, a virgin who hasn't had a date in two years. He begins draconian weight loss program to be model thin. Four hours of punishing exercise and less than 1000 calories per day.
- 1984 (July)—Sitting in the lobby of a modeling agency full of self-doubt and fear, Ron convinces himself that being anointed pretty will be the magic needed to erase his sins and the ugly film of his life perpetually running inside of his head.
- 1984 (October)—Within a few weeks of signing a one year modeling contract Ron begins to lose his grip. Every day is a challenge not to keep it together. When a director asks him to lose five pounds for a men's underwear set, Ron disintegrates—gaining 70 pounds in six months, and disappearing from the modeling world without a trace. For the first time he feels insane.
- 1985—Ron is embarrassed and ashamed when his agent tracks him down for the purpose of getting a release for an upcoming commercial.
- 1985—Tries his hand at standup comedy—bad shows become bingeing triggers.



**FOR INTERVIEW REQUESTS OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

**The Good Eater: The True Story of One Man Struggle with Binge Eating
by Ron Saxen, Published March 1, 2007 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$24.95, Hardcover, ISBN-10: 1-57224-485-2
ISBN-13: 978-1-57224-485-6, 5.5 x 8.25, 296 pages**

timeline for *The Good Eater*

Continued from page 3

- 1986—Feeling like a failure, Ron quits comedy, and gets accepted to OCS for the Marine Corps. Like modeling, it gives him something to lose weight for—deep down he believes his insanity will resurface.
- 1987—Forced out of OCS due to pneumonia, and desperate for anything to hold on to, Ron marries an old girlfriend he knows he doesn't love and resumes bingeing.
- 1987—Ron is shocked when he discovers a large display at the local bookstore, Random House's *Sports Fitness and Training* and he's the guy on the cover—a picture from the past. He's haunted by what might have been.
- 1990—Begins using Methamphetamine and tells himself it's for the right reasons.
- 1991-2—Tries purging and the "cigarette diet"
- 1993—In an unhappy marriage, Ron continues to look to food for escape, to numb himself—his binges becoming larger and wilder. Even with continuous exercise to purge the affects, he finds himself in a store staring at the Random House book, now in paperback, while weighing just under 300 pounds.
- 1995 (Summer)—Ron's little sister gets into a car accident and spends a month fighting for her life. Realizing she's the only good thing he has, the emptiness of his existence comes clearly into focus. An act of kindness by a person he hardly knows starts a chain of events that will change his life forever.
- 1995 (Winter)—Begins friendship with the woman who helped him.
- 1996—Friendship turns to love, but he must keep it to himself—she's one of the owners of the company he works for and she's married. In love for the first time, Ron's negative voices and the bingeing begin subside.
- 1996—Realizing a life alone is an improvement, Ron summons the courage to do the right thing and leave his wife. and proclaims his love (via voice mail) for the woman who restored his faith and gave him hope.
- 1996-2002—As Ron's life gradually improves, the reasons to binge decrease. Happy to be less insane, but not sure he knows why, he can't shake the uneasiness of wondering if it will return.
- 2003—Walks into a store and happens upon a book called *Binge No More* and discovers that he's not insane and what happened to him was predictable.
- 2006—Finally at peace with himself, Ron marries the woman whose unselfish act of kindness 11 years earlier ignited his road to recovery and ultimately saved him.



**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

**The Good Eater: The True Story of One Man Struggle with Binge Eating
by Ron Saxen, Published March 1, 2007 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$24.95, Hardcover, ISBN-10: 1-57224-485-2
ISBN-13: 978-1-57224-485-6, 5.5 x 8.25, 296 pages**