

ON THE WIRE BY JENN FRIEDMAN

jennfriedman.com * personalbiasrecords.com

Eating Disorders on the Wire Multimedia Project is Released by Personal Bias Records and H.T.F.K. Press

Binghamton, NY – Personal Bias Records and H.T.F.K. Press in Binghamton, NY, announce the release of *Eating Disorders on the Wire: Music and Metaphor as Pathways to Recovery*, an eating disorder recovery book/music project by Jenn Friedman.

This metaphorical journey through an eating disorder allows the reader to engage with the author's experiences and find their own path in recovery. Throughout this journey, the eating disorder takes the form of various metaphors, including wire-walking, a cocoon, a courtroom, and quicksand. The reader is shown how each metaphor can be used to their advantage or disadvantage, depending on how they choose to enable it. The book's purpose is to assign imagery and tale to feelings that the eating disorder may render unidentifiable.

Eating Disorders on the Wire attempts to find resolution for the numbness associated with eating disorders by rendering recovery vivid. It provides a universal platform from which to work; a universal language for anyone struggling to communicate. It also allows loved ones to have an alternate perspective from which to understand. Music is Friedman's broadest and most pertinent metaphor for recovery. And with that, this book—literally and metaphorically—comes full circle.

Released with the book, and separately, is an album by Friedman, titled *On the Wire*. The songs are all written and performed by Friedman, backed up by other instruments. Her melodic songs are reminiscent of Tori Amos, Ani DiFranco, and Regina Spektor, but have a unique quality all her own.

Jenn Friedman is a musician (singer, songwriter, and piano player), author, and Eating Disorder Recovery Advocate from Brooklyn, NY. She has shared her recovery message through discussion and performance at various schools and recovery events. She also makes weekly videos for the WeRFreEDomFighters YouTube recovery channel. Friedman studied Music Composition at SUNY Purchase and attended The New School's "Creative Arts Therapy" Certification Program. She has recorded two self-released albums of original music and this is her debut book/music project.

What People are Saying about this Project

"If you have an eating disorder, if you love someone with an eating disorder, if you are a professional who treats eating disorders, what you will find here will be deeply moving and instantly useful. What an excellent and rare combination!"

—Thom Rutledge, author of *Embracing Fear* and co-author of *Life Without Ed*

"Jenn Friedman has come up with a uniquely personal account of her journey through the darkness of an eating disorder to the light of recovery. Jenn's work should be heard—not just read—as it is through her connection to music and finding her voice that her healing manifested."

—Carolyn Costin M.A., M.ED., MFT FAED, CEDS, Executive Director: Monte Nido & Affiliates, Author.

About Personal Bias Records and H.T.F.K. Press

Personal Bias Records (www.personalbiasrecords.com) and H.T.F.K. Press (www.HTFKpress.com) are located in Binghamton, NY, and owned by Jim Riegel, a Binghamton native. The companies are focused on releasing an eclectic assortment of written and performed art.

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