

# Media Kit for Scott Fishman

## About This Media Kit

This media kit was created to help podcast hosts, journalists, event organizers, and reviewers easily introduce Scott Fishman and his memoir, *Starving for Acceptance: One Man's Journey with Anorexia and Bulimia*. Inside, you'll find background information, a ready-to-use author bio, sample interview questions, book details, media resources, and speaking topics.

Scott's goal in sharing his story is to raise awareness about eating disorders in men, reduce stigma, and encourage open conversations about mental health and recovery. This kit is designed to make it simple for you to feature Scott in interviews, articles, and events while ensuring his message of hope and authenticity is accurately represented.

## Contact Information

For press inquiries, interviews, or speaking opportunities, please contact:

**Name:** Scott Fishman

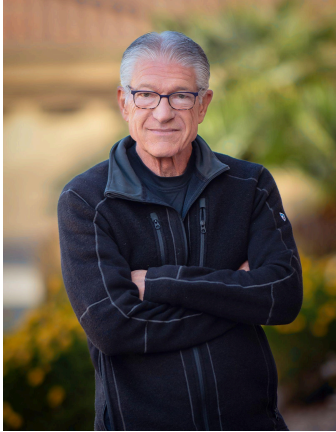
**Email:** [sfishman02@gmail.com](mailto:sfishman02@gmail.com)

**Phone:** (913) 710-5854

**Website:** <https://lifelensandbeyond.com>

**Schedule Meeting:** Calendly - <https://calendly.com/sfishman02/30min>

## Author Bio



### Short Bio (50–75 words)

Scott Fishman is the author of *Starving for Acceptance: One Man's Journey with Anorexia and Bulimia*. After battling an eating disorder for nearly fifty years, Scott shares his personal story to shine a light on the hidden struggles of men with disordered eating. Today he speaks and writes about recovery, stigma, and finding hope, encouraging others to break their silence and seek help.

### Full Bio (150–200 words)

Scott Fishman is the author of *Starving for Acceptance: One Man's Journey with Anorexia and Bulimia*, a memoir that chronicles his five-decade struggle with anorexia and bulimia. Sensitive, perfectionistic, and plagued by low self-esteem from an early age, Scott's life was overtaken by secrecy, depression, and obsessive behavior. Despite earning degrees in business and law from the University of Kansas, his disorder shaped his relationships, career, and well-being. Through therapy, treatment programs, and a commitment to recovery, he eventually found peace of mind and freedom from ED.

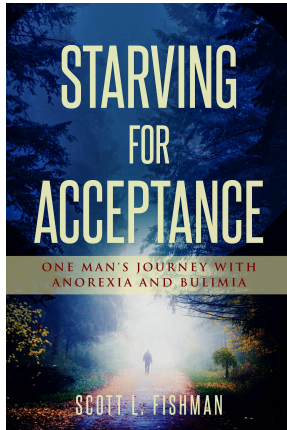
Scott lives in Gilbert, Arizona with his Goldendoodle, Ava. He enjoys photography, hiking, travel, and building genuine connections. His mission is to amplify awareness of eating disorders in men, encourage open dialogue, and support others in seeking help.

## Downloadable Assets

- Headshot - <https://lifelensandbeyond.com/wp-content/uploads/2025/10/scott-fishman-author-portrait-scaled.jpg>

# Book Summary and Key Themes

**Book Title:** *Starving for Acceptance: One Man's Journey with Anorexia and Bulimia*



## Summary:

This memoir tells the raw, personal story of Scott Fishman's lifelong battle with anorexia and bulimia. It reveals how eating disorders are not just a female issue but also deeply impact men. Through honesty and vulnerability, Scott explores the roots of his illness, the stigma of being male with an eating disorder, and the long road to recovery.

## Key Themes:

- Stigma and secrecy around men with eating disorders
- The pursuit of perfection and its destructive impact
- Intersection of depression, anxiety, and obsessive behaviors
- Family and societal pressures around body image
- Hope, recovery, and rediscovering passions like travel and photography

## Speaking Topics and Availability

Scott is available for podcasts, interviews, and speaking engagements on topics including:

- The hidden reality of eating disorders in men
- How stigma prevents men from seeking help
- The role of perfectionism, anxiety, and depression in eating disorders

- Breaking secrecy and shame through storytelling
- Finding purpose and healing in recovery

## Downloadable Assets

- Book Cover Images
  - **Front cover** - <https://lifelensandbeyond.com/wp-content/uploads/2025/10/starving-for-acceptance-cover-2-scaled.jpg>
  - **Front and back cover** - <https://lifelensandbeyond.com/wp-content/uploads/2025/10/starving-for-acceptance-cover-3-scaled.jpg>
  - **Front cover at an angle** - <https://lifelensandbeyond.com/wp-content/uploads/2025/10/starving-for-acceptance-cover-1-scaled.jpg>

## Sample Interview Questions

The following questions are provided to guide meaningful conversations with Scott Fishman during interviews, podcasts, and media appearances. They cover his personal journey, the writing of *Starving for Acceptance*, and broader topics surrounding men's mental health and recovery. Each question is designed to open honest discussion while allowing Scott's story and insights to come through naturally.

### About the Book and Journey

1. What inspired you to write *Starving for Acceptance* after living with an eating disorder for fifty years?
  2. How did revisiting painful memories while writing the book impact your recovery process?
  3. Can you describe what daily life looked like when your eating disorder had the strongest hold on you?
  4. What was the turning point that made you realize recovery was truly possible?
  5. How did your education and career intersect with or hide your struggles?
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### On Men and Eating Disorders

6. Why do you think eating disorders in men are still so misunderstood or underreported?
  7. What myths about men and body image would you most like to challenge?
  8. How can loved ones better recognize signs of disordered eating in men or boys?
  9. What role does perfectionism or pressure to "have it all together" play in men's mental health?
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### On Recovery and Healing

10. What does recovery mean to you today, and how has that definition evolved over time?
11. How do you stay grounded when old thoughts or habits try to return?
12. What advice would you give someone who feels too ashamed or afraid to ask for help?

13. How do therapy, support groups, and creative outlets each contribute to your ongoing healing?
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### **On Creativity, Photography, and Purpose**

14. You often share your photography and travel experiences. How did creativity become part of your recovery?
15. What do your photo journals represent for you now compared to when you were unwell?
16. How does being present behind the camera connect to being present in life?
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### **On Advocacy and Awareness**

17. What changes would you like to see in how society and media talk about eating disorders?
18. How can healthcare providers or educators better support men who are struggling in silence?
19. What message do you most want readers to take away from *Starving for Acceptance*?
20. How can people join you in spreading awareness or supporting recovery-focused initiatives?