

# EDRC Presents: Ask the Experts

Saturday, September 6  
9:30am-11am PST

## Abby Ellin MFA, MIPP

**Author • Journalist • Storyteller of the Uncomfortable Truths**

**Abby Ellin** is an award-winning journalist and critically acclaimed author who dives deep into the uncomfortable spaces society often avoids—deception, duplicity, diet culture, and the quiet struggles of everyday people. A long-time contributor to *The New York Times* and *The Washington Post*, her most recent *NYT* feature, "[Anorexia in Middle Age and Beyond](#)," spotlights the overlooked struggles of older women navigating eating disorders, including EDRC's founder, Janice Bremis.

Abby is the author of two books: *Duped: Double Lives, False Identities, and the Con Man I Almost Married*, a riveting blend of memoir and investigative journalism, and *Teenage Waistland: A Former Fat Kid Weighs In on Living Large, Losing Weight, and How Parents Can (and Can't) Help*, which explores childhood obesity through her own lens as a former "fat camp" attendee.

In addition to print, Abby is a creative force in film and audio storytelling. She is a co-creator and co-host of Apple Original's podcast *Big Time*, narrated by Steve Buscemi, and has worked on Sundance and Emmy-nominated documentaries such as *SPEAK* and *To Live and Die in Alabama*. Most recently, she served as Executive Producer and Host of the podcast *Impostors: The Commander*.

Holding multiple degrees, including an MFA in Creative Writing from Emerson College and a Master in International Public Policy from Johns Hopkins University, Abby's career spans continents and topics—but always returns to the deeply human stories beneath the surface.

With wit, warmth, and unflinching honesty, Abby brings nuance to today's most pressing conversations, from media and mental health to gender, aging, and the persistence of diet culture.

PLEASE SEND YOUR  
QUESTIONS TO  
[SHANA@EDRC.SV.ORG](mailto:SHANA@EDRC.SV.ORG) BY  
SEPT. 3

