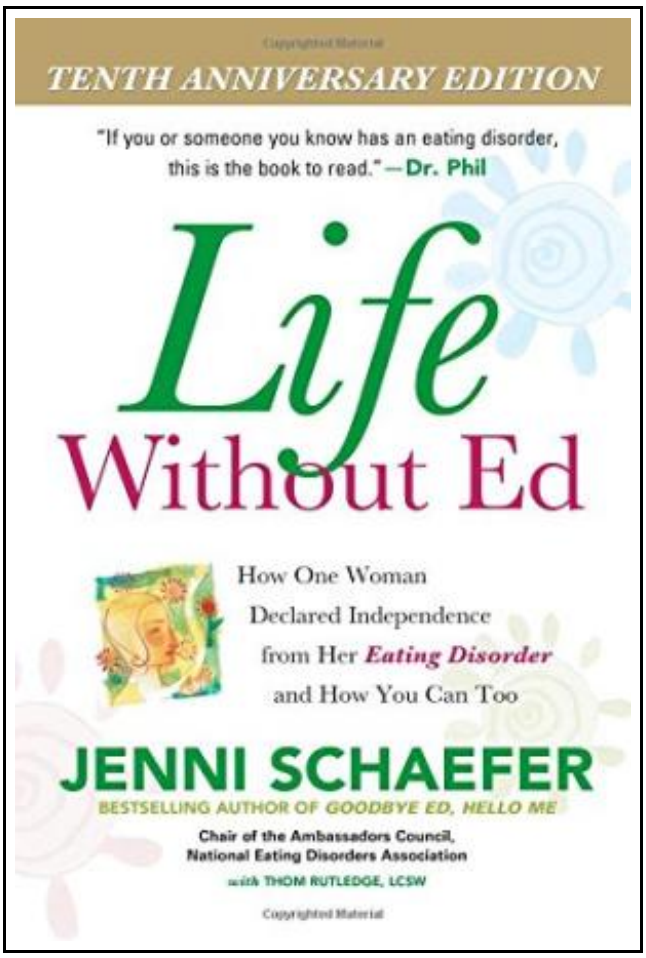
Life without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too (2nd)



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(Prof. Gerardo Grimes III)

LIFE WITHOUT ED: HOW ONE WOMAN DECLARED INDEPENDENCE FROM HER EATING DISORDER AND HOW YOU CAN TOO (2ND)

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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Life without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too (2nd), Jenni Schaefer, Thom Rutledge, The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., Life Without Ed provides hope to the millions of people plagued by eating disorders. Beginning with Jenni's "divorce" from Ed, this supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than Life Without Ed. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come." (Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center...

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