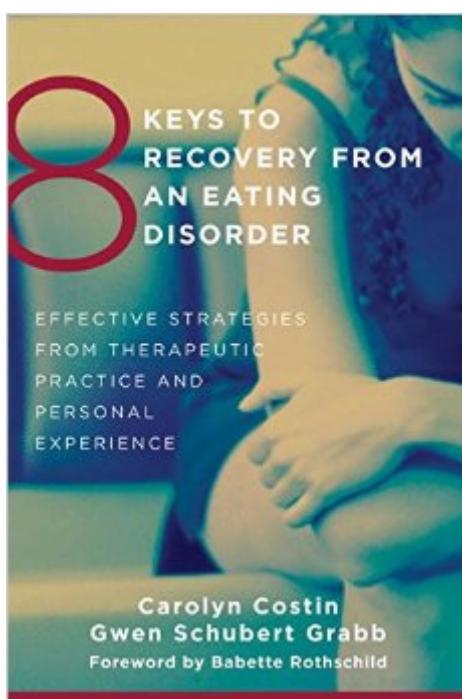


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# 8 Keys To Recovery From An Eating Disorder: Effective Strategies From Therapeutic Practice And Personal Experience (8 Keys To Mental Health)



## Synopsis

A unique and personal look into treatment of eating disorders, written by a therapist and her former patient, now a therapist herself. This is no ordinary book on how to overcome an eating disorder. The authors bravely share their unique stories of suffering from and eventually overcoming their own severe eating disorders. Interweaving personal narrative with the perspective of their own therapist-client relationship, their insights bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue. For anyone who has suffered, their family and friends, and other helping professionals, this book should be by your side. With great compassion and clinical expertise, Costin and Grabb walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and, most of all, providing motivation to seek help if you have been discouraged, resistant, or afraid. The authors bring self-disclosure to a level not yet seen in an eating disorder book and offer hope to readers that full recovery is possible.

## Book Information

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## Customer Reviews

To give my authentic reaction to 8 Keys to Recovery from an Eating Disorder, I'll share an excerpt from the e-mail I wrote to the author soon after I completed the book:"I absolutely loved this book!!! Similar to my experience with your other book, I enthusiastically savored every nourishing word! I just love how the book explains, organizes, demystifies, and humanizes eating disorder treatment and recovery. This book has already informed and shaped the therapy sessions I have held since

reading it. (I feel like I've been channeling it in all my recent sessions!) "For therapists, those who suffer from eating disorders, and their loved ones, this book offers a complete and satisfying menu. It's divided into eight "main courses" which are the keys to eating disorder recovery: Key 1: Motivation, Patience, and Hope Key 2: Your Healthy Self Will Heal Your Eating Disorder Self Key 3: It's Not About the Food Key 4: Feel Your Feelings, Challenge Your Thoughts Key 5: It \*Is\* About the Food Key 6: Changing Your Behaviors Key 7: Reach Out to People Rather Than Your Eating Disorder Key 8: Finding Meaning and Purpose Flavoring each of these courses are highly informative, well-organized, easy-to-digest, and satisfying explorations of all aspects of the eating disorder recovery process. For example, the beginning of the book provides a birdseye view of the ten phases of eating disorder recovery (pp. 14-16): 1. I don't think I have a problem. 2. I might have a problem but it's not that bad. 3. I have a problem but I don't care. 4. I want to change but I don't know how and I'm scared. 5. I tried to change but I couldn't. 6. I can stop some of the behaviors but not all of them. 7.

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