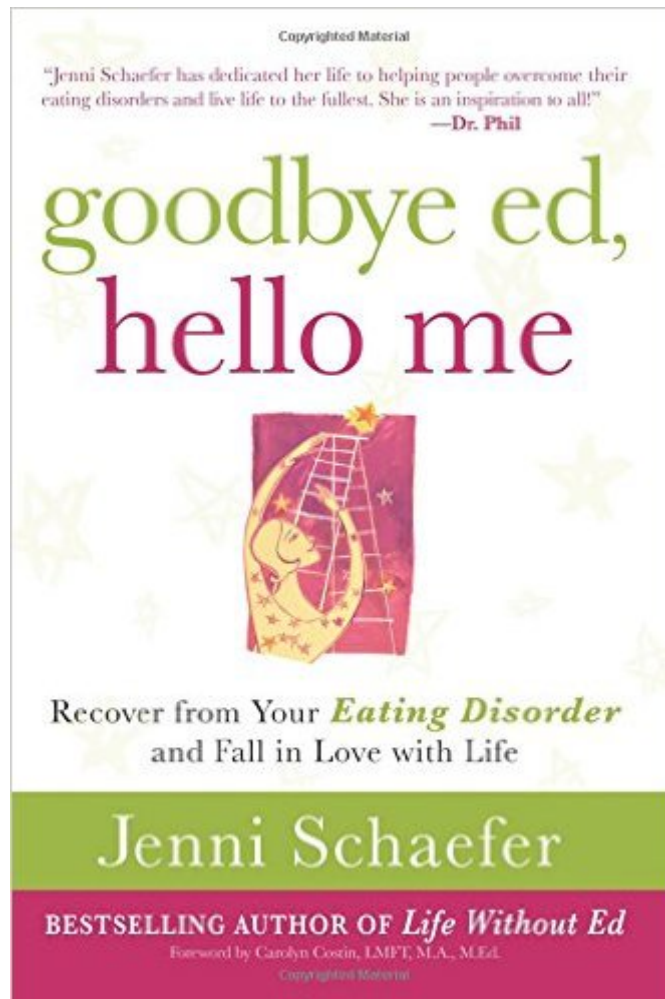


The book was found

Goodbye Ed, Hello Me: Recover From Your Eating Disorder And Fall In Love With Life



Synopsis

Don't Battle an Eating Disorder Forever- Recover from It Completely Jenni Schaefer and Ed (eating disorder) are no longer on speaking terms, not even in her most difficult moments. In her bestseller, Life Without Ed, Jenni learned to treat her eating disorder as a relationship, not a condition-enabling her to break up with Ed once and for all. In Goodbye Ed, Hello Me Jenni shows you that being fully recovered is not just about breaking free from destructive behaviors with food and having a healthy relationship with your body; it also means finding joy and peace in your life. "Jenni Schaefer has dedicated her life to helping people overcome their eating disorders and live life to the fullest. She is an inspiration to all!" --Dr. Phil • "Every young woman and man interested in overcoming disordered eating should read this treasure of a book." • -Leigh Cohn, M.A.T., CEDS, Editor-in-Chief, Eating Disorders: The Journal of Treatment and Prevention • "The beauty of Jenni's written journey through her tormented relationship with Ed is that it is honest, passionate, hopeful-but, most important, it ultimately assures the reader that life really can move on." • -Lynn Grefe, CEO, National Eating Disorders Association Combining Jenni's signature personal advice and unfailing encouragement along with valuable exercises you can do as you read, Goodbye Ed, Hello Me will give you the prescriptive tools to take the final steps in divorcing your Ed completely. Foreword by Carolyn Costin, LMFT, M.A., M.Ed.

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Customer Reviews

First i need to say that I read a lot, at first because i wanted to learn English, so i started to read Kindle ebooks. It was a way to find good and cheap books in English to improve my skills. Now I'm

able to read very well, not so much writing as you can see. Anyway, About the book. I read a lot about this subject, I've had a family member with an eating disorder and that made her parents suffer a lot, besides after this event I've become interested on this particular theme. I've read most of the 's bestsellers about this subject at least once and I have to say that most books are just plain bad. They use re-hashed content or non value at all. And some are written by people who does not look like knows English very well. Like me. Anyway, I've only found 3 really good books on this subject on the sea, more on this after the break. Because Goodbye Ed, Hello Me is in another league. I can't recommend enough this book, even if you don't have an eating disorder or anyone on your family I still recommend for the lessons you can learn. It's a book with such inspiration and hope. I couldn't put it down from start to finish. It had me constantly wondering what was going to happen next. Jenni makes this book so personal and touching and one way or another everyone can relate with her story. It's a highly recommended book. Besides this book the only other bestseller I can recommend about this subject is

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