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Carolyn CostinMA, MEd, MFT, founder of Monte Nido Treatment Center, is a therapist, activist, author, and renowned eating disorder expert.. Gwen Schubert Grabb is a psychotherapist in private practice. She lives in Palos Verdes Peninsula, California. Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is a bestselling author of six books, all

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### **National Eating Disorders Association**

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### **Life Without Ed book Eating Disorder Anorexic Jenni**

Read Life Without Ed, Jenni Schaefer s bestselling book where she shares how she learned to treat Ed (her eating disorder) as a relationship, not a condition, and how she broke up with Ed for good.

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