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Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too

By Jenni Schaefer

McGraw-Hill Education on Brilliance Audio, United States, 2014. CD-Audio. Book Condition: New. abridged edition. 168 x 135 mm. Language: English . Brand New. 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...



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