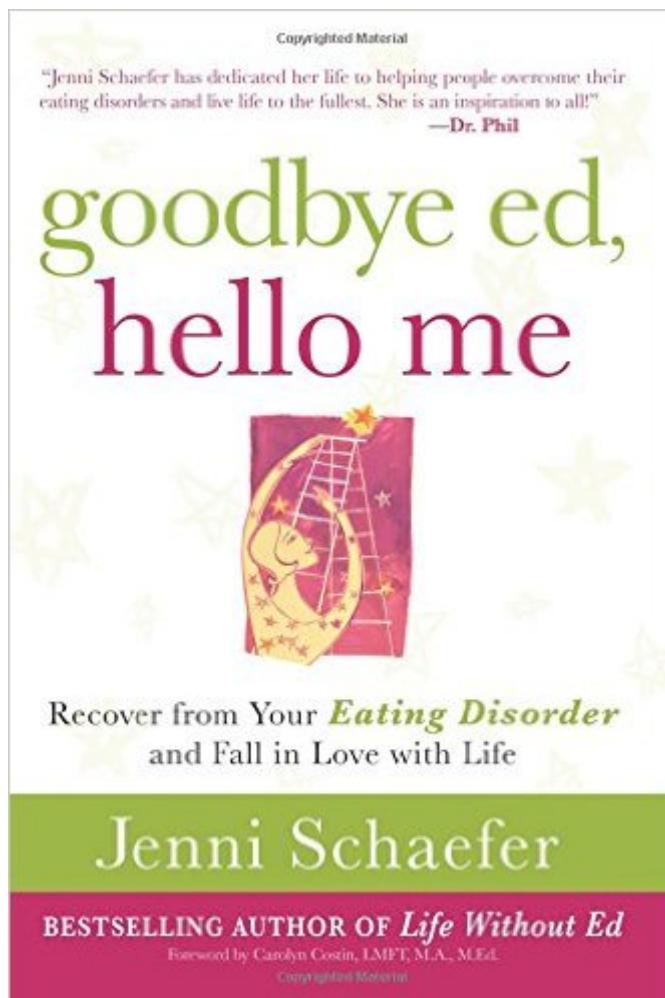


The book was found

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.

Book Information

Paperback: 240 pages

Publisher: McGraw-Hill Education; 1 edition (August 26, 2009)

Language: English

ISBN-10: 0071608877

ISBN-13: 978-0071608879

Product Dimensions: 5.4 x 0.1 x 8.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (61 customer reviews)

Best Sellers Rank: #35,321 in Books (See Top 100 in Books) #37 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #45 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #253 inÂ Books > Self-Help > Self-Esteem

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 became 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

[Download to continue reading...](#)

Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Goodbye Parkinson's, Hello life!: The Gyro-Kinetic Method for Eliminating Symptoms and Reclaiming Your Good Health Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Skin Picking: for beginners - How to recover from Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment and Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and

Other Eating Disorders (Teen Health Series) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Help! I Am In Love With A Narcissist: Narcissistic,Narcissistic Personality Disorder,Sociopath (Manipulation,Personality Disorder,Recovery Advice, Breaking Up) Hello Love Heal Your Self: How to Diagnose the Real Cause of your Pain and Recover Full Health Naturally Hello, Bicycle: An Inspired Guide to the Two-Wheeled Life The Break Up Manual for Men: How to Recover from a Serious Break Up, Become Stronger and Get Back into Life Schizoaffective Disorder: Your Quick Guide to Understanding Schizoaffective Disorder (psychotic disorders) Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1)

[Dmca](#)