



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

By Jenni Schaefer, Thom Rutledge

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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 anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders.

"Of all the great books written on eating disorders, none has had a wider reach than *Life Without Ed*. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come."

?Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of *Spiritual Approaches in the Treatment of Women with Eating Disorders*

"[*Life Without Ed*] was the first [book] to teach readers that they can not only

separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it."

?Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital

"This uplifting book's intimate inner dialogue has energized countless young women?and men?in their own recoveries from eating disorders."

?Leigh Cohn, MAT, CEDS, coauthor of *Making Weight: Men's Conflicts with Food, Weight, Shape & Recovery*

"Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to know her and her story."

?Jamie-Lynn Sigler, actress

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?Jamie-Lynn Sigler, actress

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Editorial Review

Users Review

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Linda Hupp:

Reading a publication tends to be new life style in this era globalization. With examining you can get a lot of information that can give you benefit in your life. Together with book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. A great deal of author can inspire their own reader with their story as well as their experience. Not only the storyline that share in the publications. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors on earth always try to improve their talent in writing, they also doing some exploration before they write to their book. One of them is this Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too.

John Enriquez:

Typically the book Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too has a lot details on it. So when you make sure to read this book you can get a lot of gain. The book was written by the very famous author. The writer makes some research before write this book. That book very easy to read you can find the point easily after reading this article book.

Amelia Brown:

Precisely why? Because this Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will zap you with the secret it inside. Reading this book next to it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your ability and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the guide store hurriedly.

Jill Williams:

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