



Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life

Jenni Schaefer

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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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From reader reviews:

Bonita Crist:

People live in this new morning of lifestyle always aim to and must have the free time or they will get great deal of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely indeed. People is human not only a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to you of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, the book you have read is usually Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life.

Shawn Howe:

Many people spending their time period by playing outside together with friends, fun activity having family or just watching TV all day every day. You can have new activity to pay your whole day by reading through a book. Ugh, you think reading a book can really hard because you have to take the book everywhere? It all right you can have the e-book, having everywhere you want in your Mobile phone. Like Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life which is finding the e-book version. So , why not try out this book? Let's find.

Augustus Chase:

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