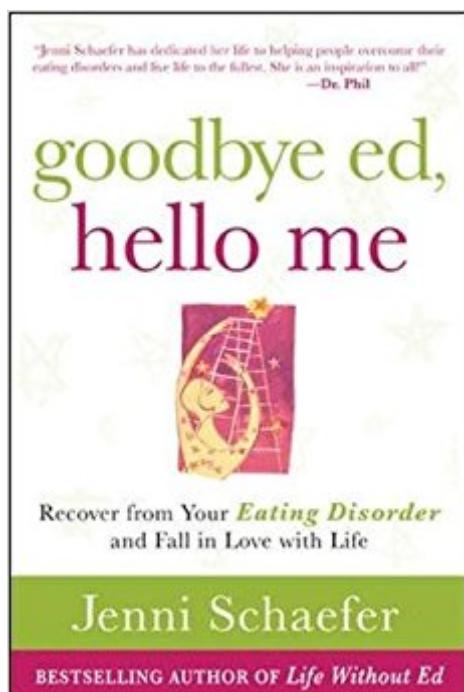


The book was found

# Goodbye Ed, Hello Me: Recover From Your Eating Disorder And Fall In Love With Life (NTC Self-Help)



## 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

Series: NTC Self-Help

Paperback: 240 pages

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

Language: English

ISBN-10: 0071608877

ISBN-13: 978-0071608879

Product Dimensions: 5.5 x 0.1 x 8.3 inches

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

Average Customer Review: 4.4 out of 5 stars    71 customer reviews

Best Sellers Rank: #101,483 in Books (See Top 100 in Books)    #109 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders    #115 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency    #549 in Books > Self-Help > Self-Esteem

## Customer Reviews

Jenni Schaefer is an ambassador for the National Eating Disorders Association and appears

regularly on television and national radio to raise awareness about eating disorders and recovery. A singer/songwriter living in Nashville, she writes for publications nationwide. You can find out more about her at [jennischaefer.com](http://jennischaefer.com).

I loved this book just as much as Jenni's first book. It was very helpful in giving a last little boost as I am working toward recovering completely. Jenni knows exactly what needs to be said. I am grateful for her insight and how it helps the reader feel like they have someone who actually gets what they are going through. Great read with great tips!!

Very informative for anyone on the outside of this disorder. It helped my family not only deal with the illness but truly understand the power ED has over a person. I am so very glad this book was available. I learned so much that my family member was unable to put into words during her illness. Please allow this book to help you, too.

A must read for anyone healing from an eating disorder.

Jenni is an absolute inspiration, a fearless writer, and a revolutionary thinker in the eating disorder field. Positioning herself as someone who is not "in recovery," but actually "recovered" distinguishes her from many other writers who have tackled this material, and the distinction provides hope to many of us who continue to struggle. The work she has done in this book, as well as *Life Without Ed* and *Almost Anorexic* offers hope to anyone who has struggled with an eating disorder or has been personally affected by one. Her voice is an important one in the ongoing dialogue around body image and EDs, and I'm so grateful for her contributions to the discussion.

Excellent book!

Have her first book and use it for helping clients understand their eating disorder - this book continues that understanding

A great book! Really helped me. Came on time, in good condition. I would definitely recommend it for not only those struggling with eating disorders, but the loved ones of those struggling, as well.

This book will not only help you with an eating disorder, but also if you have other control or

obsessive traits

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

Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life (NTC Self-Help) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide) Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too (NTC Self-Help) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) 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 Weight loss, Eat Clean Diet Book Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) The Post-Traumatic Stress Disorder Sourcebook, Revised and Expanded Second Edition: A Guide to Healing, Recovery, and Growth (NTC Self-Help) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! Eating Disorder Survivors Tell Their Stories (The Teen Health Library of Eating Disorder Prevention) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Goodbye Sugar â“ Hello Weight Loss, Great Skin, More Energy and Improved Mood: How You Can Beat Cravings and Emotional Eating Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) How to Avoid Falling in Love with a Jerk (NTC Self-Help) Goodbye Parkinson's, Hello life!: The Gyroâ“Kinetic Method for Eliminating Symptoms and Reclaiming Your Good Health 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) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)