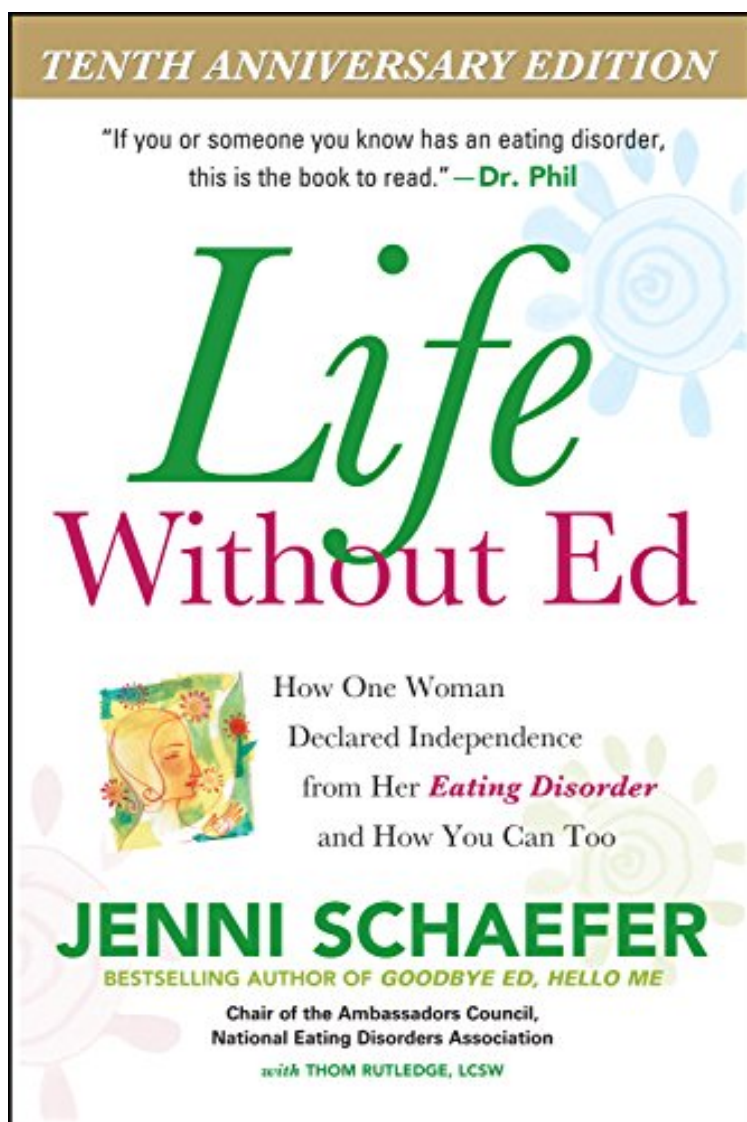


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# Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too



Par Jenni Schaefer

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## Description :

Prsentation de l'diteurThe 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 Jennis 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



For more information, visit [www.jennischaefer.com](http://www.jennischaefer.com). Thom Rutledge is a psychotherapist and the author of *Embracing Fear: How to Turn What Scares Us into Our Greatest Gift*. For more information, visit [thomrutledge.com](http://thomrutledge.com).