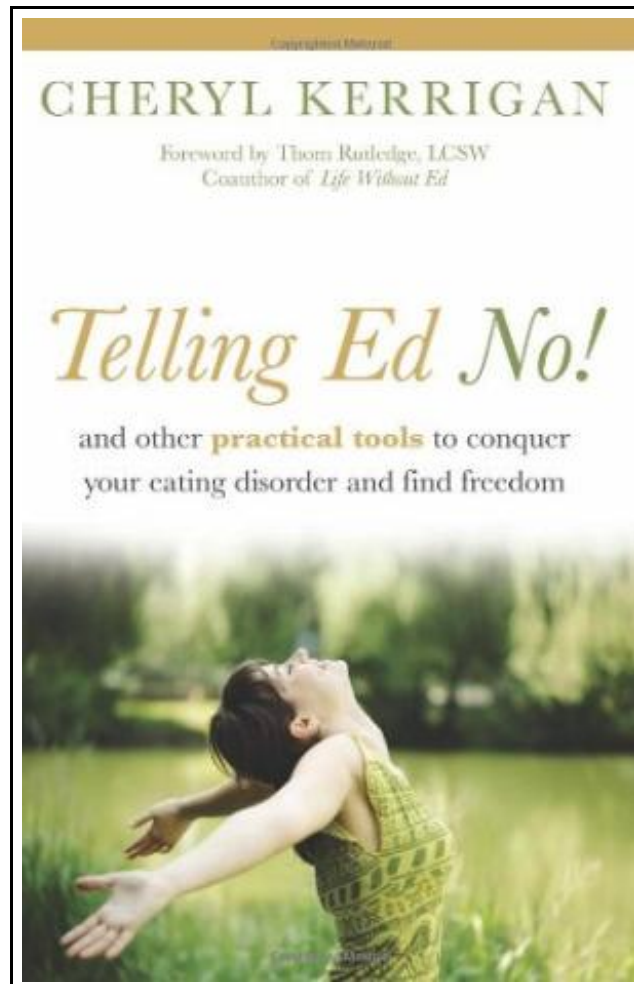


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Reviews

A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.

(Mitchell Kuhn III)

TELLING ED NO!: AND OTHER PRACTICAL TOOLS TO CONQUER YOUR EATING DISORDER AND FIND FREEDOM (2ND REVISED EDITION)



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Gurze Books. Paperback. Book Condition: new. BRAND NEW, Telling Ed No!: And Other Practical Tools to Conquer Your Eating Disorder and Find Freedom (2nd Revised edition), Cheryl Kerrigan, Thom Rutledge, Recovery from an eating disorder requires support of all kinds, and this book is filled with ideas, exercises, and insights. Based on Kerrigan's own inspiring story, Telling Ed No! is a toolbox of over 100 practical recovery tools, from family interventions, yoga, and massage, to music, role playing and even holding ice! Each tool brings the recovery process to life with prompts for reflection and discussion. Readers looking for guidance will learn: why having a "treatment team" is essential and how to assemble one, how to end self-destructive behaviors such as cutting and over-exercising, and how to transform Ed's controlling rules into powerful, new recovery rules. Part-self-help book, part memoir, this unique workbook combines the power of real-life experiences and candid straight talk with suggestions and exercises that offer both hope and creative guidance.



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