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## 101 Tips for Recovering from Eating Disorders: A Pocket Book of Wisdom (Paperback)

By Amy Barth

Loving Healing Press, United States, 2009. Paperback. Book Condition: New. 206 x 136 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you re recovering from an Eating Disorder (E.D.) it s important to take one day at a time. Let 101 Tips for Recovering from Eating Disorders be your companion in healing and you ll be reminded of the strength and wisdom that s already inside you. This book will help you celebrate the good days and develop solid coping strategies for the bad times. Most importantly, this book will remind that you re not alone and recovery is possible. Acclaim for 101 Tips for Recovering from Eating Disorders: A Pocket Book of Wisdom If you struggle with food or body image, 101 Tips for Recovering from Eating Disorders needs to be on your coffee table or nightstand. Amy Barth s bite-sized nuggets of wisdom and inspiration will help to pick you up on rough days, give you much-needed hope everyday, and keep you moving along the journey to freedom. --Jenni Schaefer, author of Life Without Ed: How One Woman Declared Independence from Her Eating Disorder 101 Tips for Recovering from Eating Disorders is a heartfelt...



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