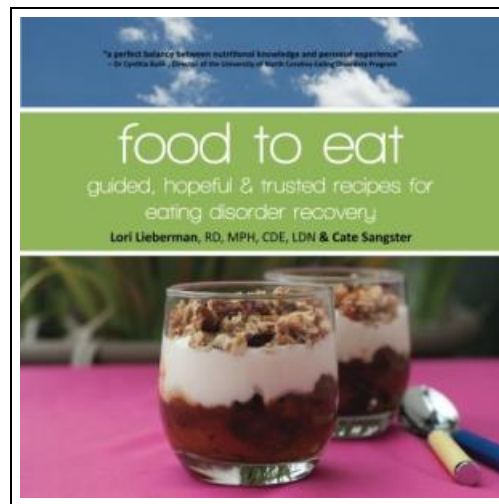


Food to Eat: Guided, Hopeful and Trusted Recipes for Eating Disorder Recovery (Paperback)



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Reviews

I actually started looking over this ebook. It is definitely simplified but excitement inside the 50 percent of your ebook. You are going to like just how the blogger create this ebook.
(Efren Swift)

FOOD TO EAT: GUIDED, HOPEFUL AND TRUSTED RECIPES FOR EATING DISORDER RECOVERY (PAPERBACK)



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Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A recipe book for people with eating disorders? Surely that s an oxymoron! Actually, no. This book is about so much more than just the food. It s about helping you to even consider the idea of eating normally again. Acclaimed by eating disorder MDs, therapists, RDs, researchers and programs, this is no ordinary cookbook. Whether you have anorexia, bulimia or binge eating disorder, it is about trusting us and allowing us to guide you to take that leap of faith from contemplation to preparation to action (learn more in the book). But perhaps it is not you that has the eating disorder. Perhaps you are the parent or loved one of someone struggling to recover? Food to Eat provides a practical starting point to discuss food preparation and eating, while providing recipes you can all feel comfortable enjoying. And, you ll gain insight into the thought process many with eating disorders are up against. No, your child or spouse or partner is not just being difficult and oppositional--eating disorders are serious illnesses that hijack our rational thought and our ability to appropriately care for ourselves. In Food to Eat, Cate and Lori talk constantly in their separate voices. Their strong opinions have been formed through very different but complementary experiences--and as such they make it explicit whose voice you are hearing at any time--Cate s or Lori s. More than a cook book for eating disorder recovery. It s like making a couple of new friends! In Food to Eat, you ll find two supports, Cate Lori, guiding you as you begin to change your relationship with food. They anticipate your fears and thoughts, say them out loud in a...



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