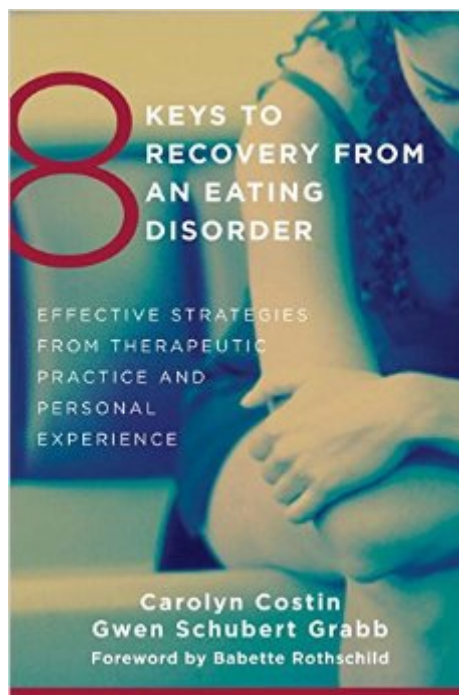


The book was found

# 8 Keys To Recovery From An Eating Disorder: Effective Strategies From Therapeutic Practice And Personal Experience (8 Keys To Mental Health)



## Synopsis

A unique and personal look into treatment of eating disorders, written by a therapist and her former patient, now a therapist herself. This is no ordinary book on how to overcome an eating disorder. The authors bravely share their unique stories of suffering from and eventually overcoming their own severe eating disorders. Interweaving personal narrative with the perspective of their own therapist-client relationship, their insights bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue. For anyone who has suffered, their family and friends, and other helping professionals, this book should be by your side. With great compassion and clinical expertise, Costin and Grabb walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and, most of all, providing motivation to seek help if you have been discouraged, resistant, or afraid. The authors bring self-disclosure to a level not yet seen in an eating disorder book and offer hope to readers that full recovery is possible.

## Book Information

Series: 8 Keys to Mental Health

Paperback: 296 pages

Publisher: W. W. Norton & Company; 8 Keys to Mental Health edition (November 7, 2011)

Language: English

ISBN-10: 0393706958

ISBN-13: 978-0393706956

Product Dimensions: 6.2 x 0.9 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (56 customer reviews)

Best Sellers Rank: #45,550 in Books (See Top 100 in Books) #55 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #178 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #5468 inÂ Books > Self-Help

## Customer Reviews

To give my authentic reaction to \_8 Keys to Recovery from an Eating Disorder\_, I'll share an excerpt from the e-mail I wrote to the author soon after I completed the book:"I absolutely loved this book!!! Similar to my experience with your other book, I enthusiastically savored every nourishing word! I just love how the book explains, organizes, demystifies, and humanizes eating disorder treatment and recovery. This book has already informed and shaped the therapy sessions I have held since

reading it. (I feel like I've been channeling it in all my recent sessions!)"For therapists, those who suffer from eating disorders, and their loved ones, this book offers a complete and satisfying menu. It's divided into eight "main courses" which are the keys to eating disorder recovery:Key 1: Motivation, Patience, and HopeKey 2: Your Healthy Self Will Heal Your Eating Disorder SelfKey 3: It's Not About the FoodKey 4: Feel Your Feelings, Challenge Your ThoughtsKey 5: It \*Is\* About the FoodKey 6: Changing Your BehaviorsKey 7: Reach Out to People Rather Than Your Eating DisorderKey 8: Finding Meaning and PurposeFlavoring each of these courses are highly informative, well-organized, easy-to-digest, and satisfying explorations of all aspects of the eating disorder recovery process. For example, the beginning of the book provides a birdseye view of the ten phases of eating disorder recovery (pp. 14-16):1. I don't think I have a problem.2. I might have a problem but it's not that bad.3. I have a problem but I don't care.4. I want to change but I don't know how and I'm scared.5. I tried to change but I couldn't.6. I can stop some of the behaviors but not all of them.7.

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

8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health) 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 Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) 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) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and

Other Eating Disorders (Teen Health Series) 8 Keys to Parenting Children with ADHD (8 Keys to Mental Health) 8 Keys to Eliminating Passive-Aggressiveness (8 Keys to Mental Health) Building Basic Therapeutic Skills: A Practical Guide for Current Mental Health Practice Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Help! I Am In Love With A Narcissist: Narcissistic, Narcissistic Personality Disorder, Sociopath (Manipulation, Personality Disorder, Recovery Advice, Breaking Up) Recovery is my best revenge: My experience of trauma, abuse and dissociative identity disorder (Collected Essays Book 1) Recovery is my best revenge: My experience of trauma, abuse and dissociative identity disorder (Collected Essays Book 2) Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) The Keys to Planning for Learning: Effective Curriculum, Unit and Lesson Design (The Keys Series Book 3)

[Dmca](#)