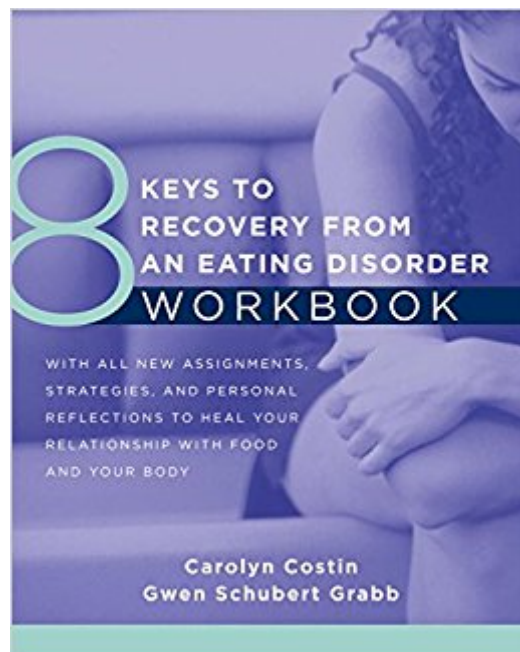




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8 Keys To Recovery From An Eating Disorder Workbook (8 Keys To Mental Health)



Synopsis

Readers are walked through strategies by a therapist and her former patient. *8 Keys to Recovery from an Eating Disorder* was lauded as a "brave and hopeful book" as well as "remarkably readable." Now, the authors have returned with a companion workbook offering all new assignments, strategies, and personal reflections to help those who suffer from an eating disorder heal their relationship to food and their bodies. Clients of Costin and Grabb consistently tell them that knowing they are both recovered is one of the most helpful aspects of their treatment. With this experience as a foundation, the authors bring together years of clinical expertise and invaluable personal testimony, from themselves and others, to the strategies in this book. Readers will get a glimpse of what it's like to be in therapy with either Carolyn or Gwen. Filled with tried and true practical exercises, goal sheets, food journal forms, clinical anecdotes and stories, readers are guided in exploring their thoughts, feelings, and coping strategies while being encouraged to choose how they want to approach the material. This book is an important resource to anyone living with destructive or self-defeating eating behaviors.

Book Information

Series: 8 Keys to Mental Health

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Average Customer Review: 4.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #52,316 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #5242 in Books > Self-Help

Customer Reviews

"Carolyn Costin and Gwen Grabb have done it again! I desperately needed this book when I was struggling with my own eating disorder. *The 8 Keys to Recovery from an Eating Disorder Workbook* is a must for all individuals touched by the treacherous illness." - Jenni Schaefer, author of *Goodbye Ed, Hello Me*; *Life Without Ed*; *Almost Anorexic* "The *8 Keys to Recovery from an Eating Disorder Workbook* translates inspirational ideas into practical

plans for recovery and redemption. Readers learn how to access their healthy self to quiet and heal the eating disorder self, gradually developing and deepening their spiritual awareness and shedding light on the soul self that will sustain recovery. – Margo Maine, PhD, FAED, CEDS, Eating disorder specialist and author, National Eating Disorders Association Board Advisor “I cannot recommend the 8 Keys to Recovery from an Eating Disorder Workbook more highly to anyone struggling with an eating disorder. The authors speak from the heart to those at every stage of recovery – expertly tuning in to both the eating disorder voice and the healthy voice to help you motivate change. For anyone who’s even considering walking the path of recovery, this workbook will be a game changer.” – Kristina Saffran, co-founder of Project HEAL

Carolyn Costin MA, MEd, MFT, founder of Monte Nido Treatment Center, is a therapist, activist, author, and renowned eating disorder expert. Gwen Schubert Grabb is a psychotherapist in private practice. She lives in Palos Verdes Peninsula, California.

Highly recommended for anyone who has a loved one with an eating disorder.

Excellent book to help family members help their love ones.

As an eating disorder specialist, I highly recommend this work to clients and anyone who wants pragmatic information and useable tools to help in the recovery of eating disorders and disordered eating. Costin is an international expert who’s trained more clinicians in the field than anyone I know of. The co-author of the book, Grabb, was once a client turned eating disorder therapist years later. This is a very special collaborative resource I highly recommend to individuals and groups. We have copies at our university health library for college students.

I am currently in recovery and decided to use this book as a supplement. Not only is it well written, it gives you exercises to write and it really makes you think. It has really made me see the behaviors I exhibit and how I’m changing. I cannot recommend this book highly enough.

fast and in time, Thin and sharp. Well excellence. Great product. this price is valuable. good . send it to my grandmother,

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