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The book Life Without Ed will assist you in beginning your personal journey toward a life without an eating disorder. As part of your therapy, you will be required to read Life Without Ed.

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By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., Life Without Ed provides hope to the millions of people plagued by eating disorders.

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“divorce” from Ed, this supportive,...

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Life Without Ed. New York: McGraw-Hills, 2004. Part Life Without Ed by Jenni Schaefer is told, primarily, through the eyes of Jenni but contains insight from her psychotherapist Thom Rutledge. This book provides a unique method of examining and treating eating disorders. Rutledge considers an eating disorder, Ed, as a relationship to the

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Jenni Schaefer, Author, Life Without ED - Part 1

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Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., Life Without Ed provides hope to the millions of people plagued by eating disorders. Beginning with Jenni's "divorce" from Ed, this supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without Ed.

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