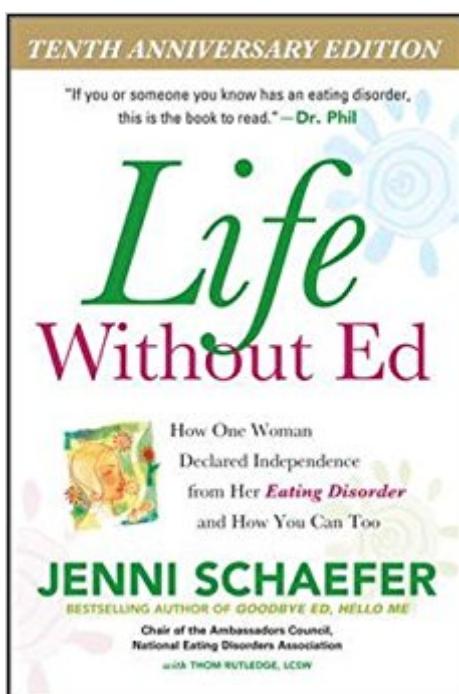


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# Life Without Ed: How One Woman Declared Independence From Her Eating Disorder And How You Can Too



## Synopsis

The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." •Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenniâ™s life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. 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. Beginning with Jenniâ™s âœdivorceâ• from Ed, this supportive, lifesaving book combines a patientâ™s insights and experiences with a therapistâ™s prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than *Life Without Ed*. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come." •Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of *Spiritual Approaches in the Treatment of Women with Eating Disorders* "[*Life Without Ed*] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it." •Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital "This uplifting bookâ™s intimate inner dialogue has energized countless young womenâ•and menâ•in their own recoveries from eating disorders." •Leigh Cohn, MAT, CEDS, coauthor of *Making Weight: Menâ™s Conflicts with Food, Weight, Shape & Recovery* "Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to know her and her story." •Jamie-Lynn Sigler, actress

## Book Information

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## **Customer Reviews**

"The truth is we all talk to ourselves. We just need to get better at it," counsels psychotherapist Rutledge in this self-help book for women with eating disorders, which he wrote with one of his patients, Schaefer, a singer/songwriter and media personality in Nashville, who both binges and purges. As might be expected in a book that draws from both psychotherapy and country western music, the story concerns a fine woman and the no good man she's stuck with. In this case, the evil, controlling character is a non-person Schaefer names Ed, from the initials E.D. (as in eating disorder). Whether Schaefer is alone in her kitchen or dining with friends, she "hears" Ed telling her she resembles a "barnyard animal," that all the girls in her eating disorder therapy group are thinner than she is, or that it would feel good to go to bed on an empty stomach. "There is something inside me... that has chained itself to Ed with a heavy-duty lock and thrown away the key," she writes. With the help of therapist Rutledge, who shares his professional observations in sections entitled "Thom's Turn," Schaefer finally gains the strength to keep Ed at bay. Schaefer's literary construct of an interior voice will delight some readers and annoy others, but if it helps any readers overcome their own disorders, it's been effective. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Infused with humor, rich in vivid imagery, and deeply compassionate, this book brings hope to those who suffer from eating disorders, offering them creative tools." -- "David B. Herzog, M.D.,

professor of psychiatry, Harvard Medical School " "Jenni's quick wit and brilliant honesty are an inspiration to anyone trying to divorce themselves from an eating disorder ... an accessible, helpful must-read!" -- "Lindsey Hall, author of Bulimia: A Guide to Recovery" Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then Jenni met psychotherapist and author Thom Rutledge. He taught her how to treat her eating disorder as a relationship, not a condition. 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 new hope for the disorders that plague millions of women and young girls. 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.

This book was amazing. It was like reading about myself. I am only starting my recovery. This book has really helped. I can't believe how I could relate to so much in this book. I really hope that I can be as successful as Jenni in divorcing Ed. I really hope I can do it. I would recommend anybody suffering with an eating disorder to read this book. Thanks Jenni for writing this book.

Having an eating disorder (ED) is a challenge, but this author inspired me to deal with mine. She named hers Ed to indicate it was an issue in her life, but it was not "her." I found this to be a helpful approach, and I've lived over three months without a binge! The author is honest and straightforward in her approach, and I found her very inspiring.

This is a first hand account of someone going thru treatment for an eating disorder, aka Ed. If you or a family member or someone you know has an eating disorder this book will help you understand. While the book is an easy read, it's hard to read if you, yourself or someone you know is going thru this. Without knowing it, Ed had moved into my home and became my youngest daughter's BFF. Ed is a vindictive and malicious liar. Don't read this book all at once. Read one section at a time and apply it or work thru it with your family or therapist. It's still one day at a time for my daughter, but, now those days are becoming weeks. There might be slips and there will be times that are harder. Ed will always try to put his foot in the door and weasel his way back into our lives. Now, we can see him coming down the walk and slam the door in his face.

This book is a very personal and often excruciating story about battling an eating disorder. The author's approach was to personalize her disease as an emotionally abusive boyfriend who tries to keep her dependent on him by constantly reinforcing her negative self image. The approach seems to work, although she emphasizes that it is a lifelong struggle.

this is a great book for anyone struggling with any type of Eating Disorder. It has helped me so much in my 2nd round of recovery by relating to almost all she says and actually applying the techniques as discussed by both the author and her therapist. I would also recommend it to family members to gain a glimpse inside the head of someone they love wrestling with an ED to try to gain some kind of awareness and understanding of the absolute all consuming mental obsession that it is.

After years and years of dieting and binge eating and starving myself, only to end up heavier than I have ever been, I saw an eating disorder therapist. One of her first recommendations was to read this book which I found very helpful in understanding by I am this way. We use food to numb our feelings. It's an excellent book to start your recovery from food addiction and eating disorders.

An excellent chronicle of Jenni's battles with her eating disorder. Gives the reader, if unfamiliar with the trials and tribulations of eating disorders, a very personal appreciation for what individuals living with such disorders go through. Apparently, even after Jenni made incredible progress toward living without "ED" (Eating Disorder), the temptations, potential relapses, and "ED's" demanding to come back into and control her life never really ends. The upshot is that she gained enough confidence, with the invaluable support of family and friends, to face "him" and keep him at bay. Her personal journey is worth the read!

This is a great book to read if you have someone close to you who has an eating disorder, or if you're the one with the eating disorder. For us, it's a loved one, and it helps to understand why they act the way they do-----it's not really them, but the eating disorder that's ordering them around.

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