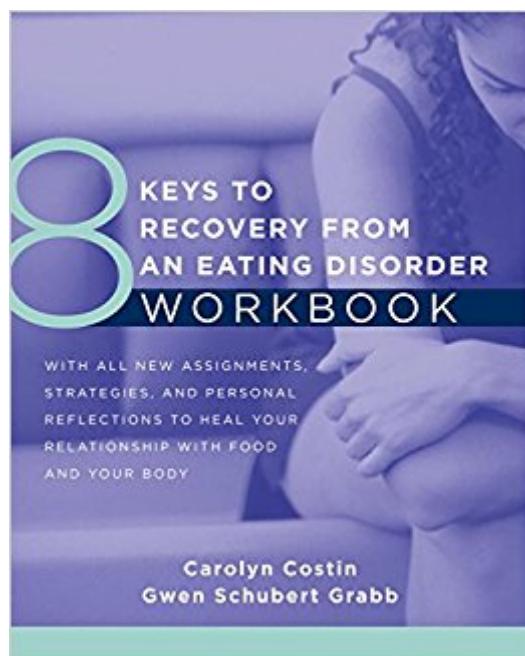


The book was found

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 DisorderÂ was lauded as a "brave and hopeful book" as well as "remarkably readable." Now, the authors have returned with a companion workbookâ •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.Â This book is an important resource to anyone living with destructive or self-defeating eating behaviors.

Book Information

Series: 8 Keys to Mental Health

Paperback: 288 pages

Publisher: W. W. Norton & Company; 1 edition (March 7, 2017)

Language: English

ISBN-10: 0393711285

ISBN-13: 978-0393711288

Product Dimensions: 8 x 0.8 x 10 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

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 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #5242 inÂ Books > Self-Help

Customer Reviews

â œCarolyn Costin and Gwen Grabb have done it again! I desperately needed this book when I was struggling with my own eating disorder. TheÂ 8 Keys to Recovery from an Eating Disorder WorkbookÂ is a must for all individuals touched by the treacherous illness.â • - Jenni Schaefer, author of Goodbye Ed, Hello Me; Life Without Ed; Almost Anorexicâ œTheÂ 8 Keys to Recovery from an Eating Disorder WorkbookÂ 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 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,

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

8 Keys to Recovery from an Eating Disorder Workbook (8 Keys to Mental Health) 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 Weigh loss, Eat Clean Diet Book Eating Disorder Survivors Tell Their Stories (The Teen Health Library of Eating Disorder Prevention) 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) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) 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) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) Surviving Schizophrenia: My Story of Paranoid Schizophrenia, Obsessive-Compulsive Disorder, Depression, Anosognosia, Suicide, and Treatment and Recovery from Severe Mental Illness 8 Keys to Parenting Children with ADHD (8 Keys to Mental Health) The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) Understanding Sports and Eating Disorders (Teen Eating Disorder Prevention Book)

Contact Us

DMCA

Privacy

FAQ & Help