



The book was found

Eating Disorders Anonymous: The Story Of How We Recovered From Our Eating Disorders

Eating Disorders
Anonymous



Synopsis

Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the "Big Book" in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting "higher purpose" for the traditional "Higher Power." Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder's story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the "Big Book," these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA's approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

Book Information

Paperback: 544 pages

Publisher: Gurze Books (December 13, 2016)

Language: English

ISBN-10: 0936077859

ISBN-13: 978-0936077857

Product Dimensions: 4.6 x 1 x 7 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 16 customer reviews

Best Sellers Rank: #68,472 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #6698 in Books > Self-Help

Customer Reviews

The General Service Board of Eating Disorders Anonymous (EDA) is an organization formed to support the Fellowship of EDA and EDA groups in fulfilling their primary purpose, to carry the message of recovery to those who still suffer with eating disorders.

I credit this book with saving my life. It was a wonderful relief to read about people who struggle with the same problems as I do, and how they found hope and help through following the simple 12-Step program as adapted from Alcoholics Anonymous. I can honestly say that the only criticism I could possibly find about this book is that I wish there were more stories written by atheists and agnostics.

This text is incredibly insightful and useful in my recovery. I am enjoying reading it a lot more than the AA Big Book. It is definitely more relevant.

This book not only gave me a solution for my eating disorder, but taught me step by step, a new way to live life successfully. I feel like this book speaks directly to me. It makes me laugh, cry, and everything in between. I bought 10 copies and cannot wait to tell everyone about it!

having done step work in other food related programs this big book is the best and I feel most relates to bulimia / anorexia and binge eating disorder. other oa programs don't seem to fit as well with those conditions.

Very nice (better) alternative to OA literature.

This is an amazing application of the 12 steps for someone who has applied them successfully in other areas, but not with food.

Wonderful book for guidance through eating disorder recovery. Incredibly life-changing!!

This book speaks to all of us. It's an updated version of the 12 steps meeting the needs of all of us in the present.

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

Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders
Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered
from Alcoholism/Third Edition Alcoholics Anonymous Big Book (2nd Edition): The Story of How
Many Thousands of Men and Women Have Recovered from Alcoholism 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 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) A Day at A Time Gamblers
Anonymous: Gamblers Anonymous Sex and Love Addicts Anonymous: The Basic Text for The
Augustine Fellowship, Sex and Love Addicts Anonymous We Are Anonymous: Inside the Hacker
World of LulzSec, Anonymous, and the Global Cyber Insurgency Eating with Your Anorexic: How
My Child Recovered Through Family-Based Treatment and Yours Can Too The Eating Disorders
Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating
Disorders (Sourcebooks) 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) Fortresses to Build and to Destroy: How I
Recovered from Fatness and Rebuilt my Life A Cancer Battle Plan: Six Strategies for Beating
Cancer, from a Recovered "Hopeless Case" Remembering Satan: A Tragic Case of Recovered
Memory The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women
Who Lived Through It and Recovered Brain over Binge: Why I Was Bulimic, Why Conventional
Therapy Didn't Work, and How I Recovered for Good Dersu the Trapper (Recovered Classics)
Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)