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Letting Go of Ed: A Guide to Recovering from Your Eating Disorder

Pippa Wilson

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Eating disorders are everywhere, from anorexics to bulimics, binge eaters to yo-yo dieters. An awful lot of people today feel miserable around food and unhappy in their bodies. But it doesn't have to be this way. Recovering from an eating disorder is a long, difficult road, and you need guidance along the way. There are many books about eating disorders available. This book is different. This book isn't about your eating disorder: it's about you. This book doesn't focus on food and eating and weight issues: these are merely the symptoms, not the problem. Instead, this book offers practical, insightful, gentle guidance that can help you discover the underlying reasons for your eating disorder and how you can truly heal.

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