



8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health)

Carolyn Costin, Gwen Schubert Grabb

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A unique and personal look into treatment of eating disorders, written by a therapist and her former patient, now a therapist herself.

This is no ordinary book on how to overcome an eating disorder. The authors bravely share their unique stories of suffering from and eventually overcoming their own severe eating disorders. Interweaving personal narrative with the perspective of their own therapist-client relationship, their insights bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue.

For anyone who has suffered, their family and friends, and other helping professionals, this book should be by your side. With great compassion and clinical expertise, Costin and Grabb walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and, most of all, providing motivation to seek help if you have been discouraged, resistant, or afraid. The authors bring self-disclosure to a level not yet seen in an eating disorder book and offer hope to readers that full recovery is possible.

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