



My Recovery: Inspiring Stories, Recovery Tips and Messages of Hope from Eating Disorder Survivors

Julie Parker

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"Is it really possible to recover from an eating disorder? I need to talk to someone who has beaten this and is happy. I want to know what someone else did to recover."

If your life has been touched by an eating disorder and you have ever asked these questions, then *My Recovery* is for you.

Clinical counsellor Julie Parker shares the inspirational and courageous stories of eighteen women and men who have survived anorexia, bulimia, binge eating disorder or an eating disorder not otherwise specified. Each survivor shares not only their eating disorder journey, but the tips, strategies and tools that helped them regain their life and true sense of self. Each holds the unwavering hope and belief that recovery was not only possible for them, but is for others too. Stories of the importance of professional help, self-care, doing loved activities, creativity, and separation of the eating disorder from the self are all shared.

If you are considering buying this book and wondering if you will ever recover from an eating disorder, *My Recovery* will leave you with the resounding belief that you can, direct from the hearts, minds and experiences of those who once wondered the same thing. An inspirational and hopeful book, *My Recovery* is also relevant for carers, loved ones and eating disorder professionals.

Proceeds of this book are being donated to The Butterfly Foundation to support those whose lives have been touched by eating disorders.

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Ivan Dinkel:

My Recovery: Inspiring Stories, Recovery Tips and Messages of Hope from Eating Disorder Survivors can be one of your starter books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The author giving his/her effort that will put every word into pleasure arrangement in writing My Recovery: Inspiring Stories, Recovery Tips and Messages of Hope from Eating Disorder Survivors yet doesn't forget the main level, giving the reader the hottest and also based confirm resource info that maybe you can be one among it. This great information may drawn you into completely new stage of crucial contemplating.

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