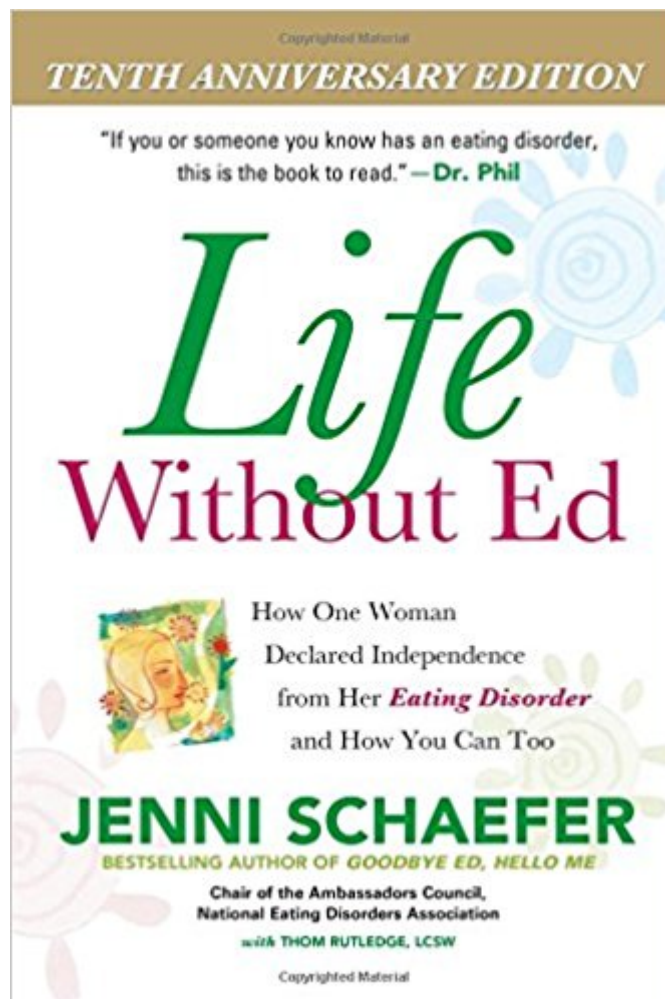


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# Life Without Ed: How One Woman Declared Independence From Her Eating Disorder And How You Can Too



## Synopsis

The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." • Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., *Life Without Ed* provides hope to the millions of people plagued by eating disorders. Beginning with Jenni's divorce from Ed, this supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than *Life Without Ed*. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come." • Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of *Spiritual Approaches in the Treatment of Women with Eating Disorders* "[*Life Without Ed*] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it." • Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital "This uplifting book's intimate inner dialogue has energized countless young women and men in their own recoveries from eating disorders." • Leigh Cohn, MAT, CEDS, coauthor of *Making Weight: Men's Conflicts with Food, Weight, Shape & Recovery* "Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own 'Ed.' I feel privileged to know her and her story." • Jamie-Lynn Sigler, actress

## Book Information

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## Customer Reviews

I just looked up the word "campy," and there is nothing campy about Life without Ed. As a woman recovering from an eating disorder and as a clinician treating eating disorders, I find this book to be a refreshing change from the status quo of tortuous memoirs and over-intellectualized material that tends to occupy this market. The recovery work described in this book is undoubtedly the real deal. Jenni Schaefer has obviously worked hard to overcome her eating disorder and she is to be congratulated for that. And while we're at it, let's congratulate her for the willingness to share her story so candidly, and for being creative enough to bring such a delightful sense of humor to this very serious subject matter. She no doubt gets some of the humor from her therapist and co-author Thom Rutledge. His writing (the best of which is Embracing Fear) always manages to bring together serious self-help and the kind of humor that offers a perspective that is in and of itself healing. If you have even the slightest interest in understanding the inner-workings of eating disorders, buy this book. If you are a therapist or counselor who works with eating disorders, buy this book. If you love someone with an eating disorder, buy this book. And if you have an eating disorder --- definitely buy this book. Who says medicine has to taste bad to be good? Learn, grow and enjoy Life without Ed. Sarah Wiley, Ph.D.

One of the challenges of being a parent with a child suffering from Anorexia is finding educational sources for them that are supportive of ending the disease without providing further information on how to secretly purge and restrict and without blaming the parents, the media, or "culture" for their illness. After reading literally dozens of books in the field, this was the only one we encouraged our

child to read. She quickly empathized with the notion of the ED being separate and distinct. It helped and continues to help her cope with the dangerous and unhealthy impulses brought on by the disease. There are only a handful of books that I recommend to parents and sufferers. This is one of the mandatory ones.

Jenni Schaefer has accurately captured the life and feelings of a perfectionist in her book *Life Without Ed*. Although I have never experienced an eating disorder, I obsess about calorie intake on a daily basis and am bound by the chains of physical appearance. I found the exercises at the end of each section helpful in confronting the voices and negative criticisms that my own abusive SuperEgo (Ed) throws my way. Jenni Schaefer does not discount the seriousness of eating disorders nor does she try to convince you that divorce from ED is easy. She provides practical ways to distinguish between what is healthy and what is ED. The awareness that I gained from this book (especially section 1) has enabled me to start the separation process from my own abusive self criticism. This book applies to all recovering perfectionists. The exercises, personal experiences, strength, and weakness that the author shared make it a real and valuable resource on my path to recovery. I highly recommend this book to anyone enduring self criticism and abuse.

"Life Without Ed" is wonderful! I was so happy to find an eating disorder book filled with humor and optimism, and I couldn't help smiling as I read through each unique section. I'm recovering from an eating disorder myself was comforted to know that I'm not alone in my struggles, setbacks, and eventual successes. Jenni Schaefer found a way to put a positive spin on a serious issue. The book was not only informative and educational, but it was hilarious, too! I finished feeling hopeful and eager to implement some of Jenni and Thom's activities into my own recovery. I definitely recommend this book to anyone dealing with their own Ed, or anyone else interested in learning more about eating disorders from an inspiring point of view. P.S. I also liked that the cover allowed me to read this book in public without trying to strategically hide a big EATING DISORDERS title. I know you can't judge a book by its cover, but I noticed and appreciated it anyway...

This is a fantastic book!! Jenni Schaefer gives us a very realistic look at living and winning against our eating disorders but adds enough humor to make this an enjoyable read. She also lets you know that you are not alone in this fight and at times it seems she's fighting ED right there with you. The book helps you come to understand what and who you are up against with your eating disorder. The chapters are short (easy to get thru before your attention wanders). However, the

chapters are filled with so much information that you find yourself rereading them and picking up more info each time. The exercises in the book truly work. This whole book teaches you to Separate, Disagree and Disobey ED(eating disorder). I especially liked learning how to talk back to ED -I feel ED's power comes from the mental warfare he launches inside your head 24/7. The book provides steps to combat and end this constant emotional abuse. I feel you will really benefit from reading this book. I highly recommend it!!!

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Diet, Detox) (Live Fit Book 1) An Act of Love: One Woman's Remarkable Life Story and Her Fight  
for the Right to Die with Dignity

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