



# KEYS TO RECOVERY FROM AN EATING DISORDER WORKBOOK

WITH ALL NEW ASSIGNMENTS,  
STRATEGIES, AND PERSONAL  
REFLECTIONS TO HEAL YOUR  
RELATIONSHIP WITH FOOD  
AND YOUR BODY

**Carolyn Costin  
Gwen Schubert Grabb**

Carolyn Costin and

## 8 Keys to Recovery from an Eating Disorder Workbook (8 Keys to Mental Health)



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I highly recommend this work to customers and anyone who would like pragmatic . Amazing I am currently in recovery and decided to utilize this book as a supplement.. As an consuming disorder specialist, I highly recommend this function to customers and anyone who would like pragmatic information and useable equipment to greatly help in the recovery of eating disorders and disordered eating. Highly recommended for anyone who has a loved one with an eating disorder. Well-written, and incredibly readable information in eating disorders. Help fo an Taking in Disorder Excellent book to greatly help family members help their love kinds. We've copies at our university health library for university students.. Not only is it well written, it gives you exercises to create and it really enables you to think. It has actually made me see the behaviors I exhibit and how I'm changing. I cannot recommend this publication highly plenty of. The co-writer of the reserve, Grabb, was once a client turned consuming disorder therapist years afterwards. Costin is an international professional who's trained even more clinicians in the field than anyone I understand of. This is a very special collaborative reference I recommend to individuals and groups.



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