



Telling Ed No!: And Other Practical Tools to Conquer Your Eating Disorder and Find Freedom

Cheryl Kerrigan

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Recovery from an eating disorder requires support of all kinds, and this book is filled with ideas, exercises, and insights. Based on Kerrigan's own inspiring story, *Telling Ed No!* is a toolbox of over 100 practical recovery tools, from family interventions, yoga, and massage, to music, role playing and even holding ice! Each tool brings the recovery process to life with prompts for reflection and discussion. Readers looking for guidance will learn: why having a "treatment team" is essential and how to assemble one, how to end self-destructive behaviors such as cutting and over-exercising, and how to transform Ed's controlling rules into powerful, new recovery rules. Part-self-help book, part memoir, this unique workbook combines the power of real-life experiences and candid straight talk with suggestions and exercises that offer both hope and creative guidance.

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