

*TENTH ANNIVERSARY EDITION*

"If you or someone you know has an eating disorder,  
this is the book to read." — **Dr. Phil**

# *Life* Without Ed



How One Woman  
Declared Independence  
from Her *Eating Disorder*  
and How You Can Too

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BESTSELLING AUTHOR OF *GOODBYE ED, HELLO ME*

Chair of the Ambassadors Council,  
National Eating Disorders Association

with THOM RUTLEDGE, LCSW

# Life Without Ed

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