

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

# JENNI SCHAEFER

BESTSELLING AUTHOR OF *GOODBYE ED, HELLO ME*

Chair of the Ambassadors Council,  
National Eating Disorders Association

with THOM RUTLEDGE, LCSW

# Life Without Ed

**CH Cherryholmes**



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