

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

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