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In Goodbye Ed, Hello Me Jenni shows you that being fully recovered is not just

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about breaking free from destructive behaviors with food and having a healthy relationship with your body; it also means finding joy and peace in your life.

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step from separating your true self from Ed, eating disorder, and then learning how to love yourself and your life. Each chapter moves the reader through Jenni's approach to this step in recovery. Jenni Schaefer is an adult woman who struggled with an eating diso

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Your Eating Disorder ...

Recover from It Completely. Jenni Schaefer and Ed (eating disorder) are no longer on speaking terms, not even in her most difficult moments. In her bestseller, Life Without Ed, Jenni learned to treat her eating disorder as a relationship, not a condition-enabling her to break up with Ed once and for all.

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In Goodbye Ed, Hello Me Jenni shows you that being fully recovered is not just about breaking free from destructive behaviors with food and having a healthy relationship with your body; it ...

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Don't battle an eating disorder forever—recover from it completely! Read the first book of its kind that declares full freedom is possible.

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Love With Life. Goodbye Ed, Hello Me is now available in audio ! Jenni Schaefer and Ed (eating disorder) are no longer on speaking terms, not even in her most difficult moments. In her bestseller, Life Without Ed, Jenni learned to treat her eating disorder as a relationship, not a condition—enabling

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her to break up with Ed once and for all.

Goodbye Ed, Hello Me book | Eating Disorder, Anorexic ...

Reviewed in Canada on October 14, 2009. I love "Goodbye Ed, Hello Me" by Jenni Schaefer. This is one of the best recovery books I ever read. It covers so many important lessons that those

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struggling with eating disorders need to hear, no matter at what stage they are in their recovery.

Goodbye Ed, Hello Me: Recover from Your Eating Disorder ...

In her bestseller, *Life Without Ed*, Jenni learned to treat her eating disorder as a relationship, not a condition-enabling

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her to break up with Ed once and for all. In Goodbye Ed, Hello Me Jenni shows you that being fully recovered is not just about breaking free from destructive behaviors with food and having a healthy relationship with your body; it also means finding joy and peace in your life.

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created this great video for my new
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Love With Life
combined with doing nothing has never
pulled me through.” — Jenni Schaefer,

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Her latest book, "Goodbye Ed, Hello Me:

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Recover from Your Eating Disorder and Fall in Love with Life" (McGraw-Hill), takes the journey a step farther, from recovery to liberation. She is currently writing her third book in collaboration with Harvard Medical School.

Jenni Schaefer | Facebook

Enter Jenni Schaefer, author of Life

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Without Ed, and her new book, Goodbye Ed, Hello Me, sharing her story of full recovery and successful “divorce” from “Ed,” her eating disorder. Goodbye Ed,...

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