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8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience

Carolyn Costin and Gwen Schubert Grabb

“Carolyn Costin was my eating disorder therapist, and I credit her with my recovery. *8 Keys* gives the reader the same insight, inspiration, and tools that Carolyn gave to me. It’s straightforward, well-written, and allows the reader to actively participate in her own recovery. I highly recommend it to anyone who is struggling with an eating disorder.”

—Portia de Rossi

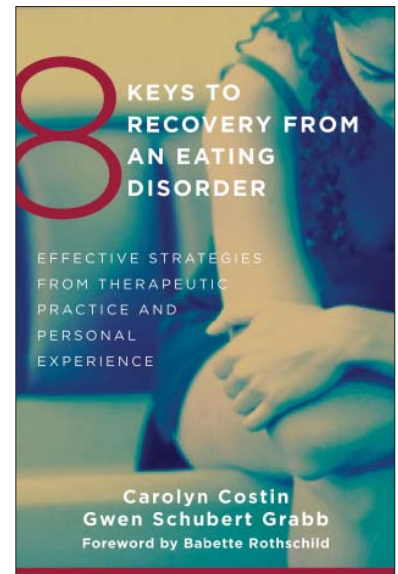
“Carolyn Costin is the first person who ever looked me in the eyes and said, You can be fully recovered from your eating disorder. In *8 Keys to Recovery from an Eating Disorder*, she and Gwen Grabb say just that. Even better, they provide real wisdom and guidance on how to actually find that freedom. I highly recommend this book!”—Jenni Schaefer, author of *Goodbye Ed, Hello Me and Life Without Ed*

This is no ordinary book on how to overcome an eating disorder. The authors—one a former patient of the other, now a therapist herself—both have their own histories battling their own torturous versions of an eating disorder. Interweaving personal narrative with the perspective of their own therapist-client relationship, their insights bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue. With great compassion and clinical expertise, Costin and Grabb walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and, most of all, providing motivation to seek help if you have been discouraged, resistant, or afraid. The authors bring self-disclosure to a level not yet seen in an eating disorder book and offer hope to readers that full recovery is possible.

The book’s publication coincides with a nationwide film tour promoting the release of “America the Beautiful II: The Thin Commandments”, a follow-up to the popular documentary “America The Beautiful: Is America Obsessed with Beauty?”. In the film, Carolyn speaks out about America’s obsession with weight, our relentless pursuit of thinness, and the collateral damage that results. The film will premiere in New York City on Wednesday, October 12 at The Quad Cinema and in Los Angeles on Friday, October 14 at The Laemmle Sunset Theater. More cities to follow.

Carolyn Costin MA, MEd, MFT, founder of Monte Nido Treatment Center, is a therapist, activist, author, and renowned eating disorder expert.

Gwen Schubert Grabb, MA, MFT, is a psychotherapist in private practice, specializing in all facets of eating disorder treatment and recovery.



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