

8 Keys to Recovery from an Eating Disorder

author: Carolyn Costin, Gwen Schubert Grabb, Babette Rothschild

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Synopsis

authori¼š	Carolyn Costin, Gwen Schubert Grabb, Babette Rothschild
readByi¼š	Donna Postel
inLanguagei¼š	english

This is no ordinary book on how to overcome an eating disorder. The authors bravely share their unique stories of suffering from and eventually overcoming their own severe eating disorders. 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. For anyone who has suffered, their family and friends, and other helping professionals, this book should be by your side. With great compassion and clinical expertise, Carolyn Costin and Gwen Schubert Grabb walk listeners 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 that full recovery is possible.

Reader's comments

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