



Restoring Our Bodies, Reclaiming Our Lives: Guidance and Reflections on Recovery from Eating Disorders

Aimee Liu

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Full recovery from an eating disorder is possible. Despite what you may have been led to believe, most people with anorexia, bulimia, or binge eating disorder are able to completely restore their health and well-being. But how does this happen?

Author Aimee Liu has woven together dozens of first-person accounts of recovery to create a break-through roadmap for healing from an eating disorder. *Restoring Our Bodies, Reclaiming Our Lives* answers key questions including: How does healing begin? What does it feel like? What supports and accelerates it? Will I ever be free of worry about a relapse?

Throughout the book are informative sidebars written by leading professionals in the field, addressing essential topics such as finding the right therapist, the use of medications, exploring complementary treatments, and how family members can help.

Learn more at the author's website: gainingthetruth.com

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