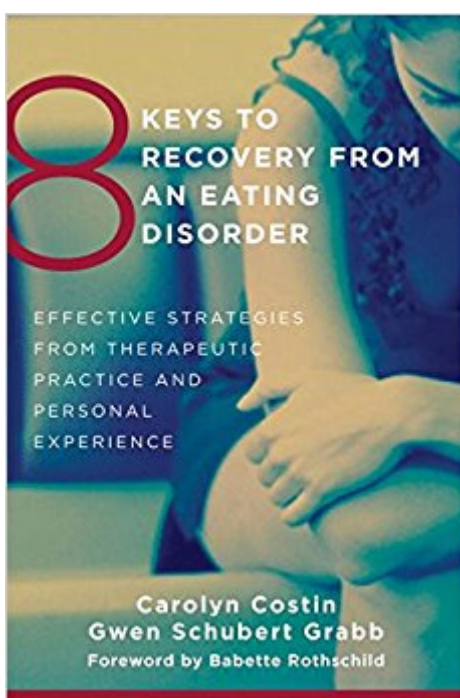


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# 8 Keys To Recovery From An Eating Disorder: Effective Strategies From Therapeutic Practice And Personal Experience (8 Keys To Mental Health)



## Synopsis

A unique and personal look into treatment of eating disorders, written by a therapist and her former patient, now a therapist herself. 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, 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.

## Book Information

Series: 8 Keys to Mental Health

Paperback: 296 pages

Publisher: W. W. Norton & Company; 8 Keys to Mental Health edition (November 7, 2011)

Language: English

ISBN-10: 0393706958

ISBN-13: 978-0393706956

Product Dimensions: 6.2 x 0.9 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 59 customer reviews

Best Sellers Rank: #31,425 in Books (See Top 100 in Books) #20 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #108 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#) #3285 in [Books > Self-Help](#)

## Customer Reviews

“Remarkably readable . . . [C]ontains much that a counselor would find useful and it could form the basis for a programme that client and counselor tackled together.” - Therapy Today  
“Carolyn Costin was my eating disorder therapist, and I credit her with my recovery.” 8 Keys to Recovery from an Eating Disorder 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 *The 8 Keys of Recovery*, 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* — “In *8 Keys to Recovery* Costin and Grabb courageously disclose details of their own eating disorder histories, and also engage in revealing dialogue about Grabb’s successful (if sometimes difficult) treatment by Costin. In doing so, they expose the most intimate challenges of living with and healing an eating disorder both personally and professionally. Costin and Grabb enlighten the reader with the knowledge they gained from failure as well as success, literally, from the inside out. — Babette Rothschild, author of *8 Keys to Trauma Recovery* *Trauma Essentials* and *The Body Remembers* — “Costin and Grabb support their clients so they can learn to accept and understand instead of always having to fight their illness. Their keys are clear and flexible. — PsychCentral — “By the time I got to the third key, I had stopped writing down highlights for this review because the value of this book is greater than the sum of the eight individual keys. Not only do I believe this book can be extremely helpful to someone suffering from an eating disorder, but I believe it could be helpful for other practitioners who are not specialized in eating disorders. — Dietsinreview.com — “This brave and hopeful book melds difficult personal narrative with the intimacies of a therapist-client relationship. The book not only offers great insight into how to beat this formidable illness/addiction, but supplies the motivation to do so. It should be in the hands of everyone who suffers from this affliction, directly or indirectly. — The Globe and Mail

Carolyn Costin MA, MEd, MFT, founder of Monte Nido Treatment Center, is a therapist, activist, author, and renowned eating disorder expert. Gwen Schubert Grabb is a psychotherapist in private practice. She lives in Palos Verdes Peninsula, California. Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is a bestselling author of six books, all published by WW Norton and translated into more than a dozen languages. She is also the creator and Series Editor of the *8 Keys to Mental Health Series*. After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles where she is writing her next books while she continues to lecture, train, consult, and supervise professional psychotherapists of all sorts worldwide.

When a diet no longer serves you and a demeaning voice inside you takes control of your life, you need Carolyn Costin and Gwen Grabb. They are eating disorder therapists who know how to empower people to change their destructive eating habits. This book is a journey through the twisted food thoughts that make people think they're in control when they're not. It's all there: thin commandments, food rules, hunger games, food journals, conscious eating, scale addicts, exercise addicts, overeaters, undereaters, binge eaters, emotional eaters, rigid beliefs, emotional reasoning, perfectionism, privacy delusions, bulimia, anorexia and purging. These are tough issues to deal with, but with this book, a journal and the right help, there is a way out. Richard Quis co-author

Thinking Anew: Harnessing the Power of Belief

If you are suffering from an eating disorder and you are only going to buy one book, let this be the one. Carolyn Costin not only treats eating disorders but she has recovered from one which gives her real insight into the illnesses. I am an eating disorder professional and I use her book all the time with my patients. Better still, my patients who are ready for recovery pick up her book themselves. I saw her speak a little while ago and she said that she was encouraged to use the 8 keys model and did not want to. We are all certainly glad she did.

This book is a godsend to me as a mother whose daughter is recovering from anorexia and bulimia. It gives me such hope to read Gwen's detailed account of her own struggles with a serious eating disorder (many which parallel my daughter's experiences) and how she ultimately fully recovered to become a successful wife, mother, therapist, and author. Because both Gwen and Carolyn suffered with eating disorders and went on to recover and become ED therapists, they offer unique insights and perspective in telling their story. I found it so compelling that Carolyn, as Gwen's therapist, was able to eventually guide her out of her deeply carved ED abyss by peeling away the layers of Gwen's resistance to finally identify the motivator that would silence Gwen's unhealthy voice once and for all. With the secrecy and shame that surrounds an eating disorder, as well as the necessary privacy of therapy sessions, it can be difficult for parents to understand what their daughter is going through, what goes on in therapy, what recovery entails, understanding intuitive eating, etc. I found it so helpful and eye opening to follow Gwen's thoughts from the onset of her eating disorder and into its depths, and all the way through to her full recovery, and appreciate that she reveals the specifics of her disordered behaviors and the therapy details that would normally remain secret and behind closed doors. Relaying her experiences in the manner she has gives me comfort and an understanding that the recovery process can be long but to not give up hope. The authors'

empathetic and approachable tone is comforting, especially to someone like me who didn't know who to turn to for help for my daughter. I appreciate that they offer their contact information for additional help and resources. Though it is primarily a self-help book, it is a must read for anyone who has a friend or child suffering from an eating disorder.

I can't say enough good things about this book! It's like a textbook for recovery from an eating disorder. Written by two professionals with personal experience in getting over eating disorders, it is a perfect combination of memoir and relevant stories from other patients, research-based explanations about the process and nature of the EDs, and thoughtful recommendations and tasks for recovery based on practice and science. It is incredibly helpful for anyone who wishes to get over their ED, and it can be useful for those who want to understand better what this ailment is about.

Excellent. Highly recommended. As a therapist who has treated eating disorders for many years THIS is the book I have recommended and reviewed with patients. Those looking for a straight forward presentation of research, tools, solutions and life long recovery will be guided professionally and wisely to healing. This is a positive and encouraging work.

Each chapter goes in depth on a strategy to overcome disordered eating. It gives lots of examples on why you might do the things you do (fill up emptiness, drive for perfection, difficulty expressing feelings) or the thoughts you think (all-or-nothing thinking, discounting the positives, etc.), and then gives alternatives to look at. There's also a lot about internal dialogue of ED Self vs. Healthy Self and following those conversations. There are personal examples and many writing assignments to see yourself differently. I read this together in a support group and it was a very helpful discussion starter and something you can reread as you change.

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