

TENTH ANNIVERSARY EDITION

"If you or someone you know has an eating disorder,
this is the book to read." — **Dr. Phil**

Life Without Ed



How One Woman
Declared Independence
from Her *Eating Disorder*
and How You Can Too

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BESTSELLING AUTHOR OF *GOODBYE ED, HELLO ME*

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National Eating Disorders Association

with THOM RUTLEDGE, LCSW

Life Without Ed

Zhe Xu



Life Without Ed:

Ignite the flame of optimism with its motivational masterpiece, Find Positivity in **Life Without Ed** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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