



You Can't Just Eat a Cheeseburger: How to thrive through eating disorder recovery

Justine Duppong

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If you struggle with disordered eating, you probably have a whole bunch of unanswered questions, like: Who are you without your eating disorder? Is it really possible to just eat what you want, without becoming overweight? How do you eat "normally" if you go out to a restaurant? How do you deal with all the weird changes your body might go through? In a world so obsessed with dieting, how is it possible to truly recover? No matter what other people might think, you can't "just go eat a cheeseburger" and expect all of your problems to disappear. So what actually works? Author, coach, counselor, and survivor Justine Duppont shares key tips for not only developing healthier eating and exercise habits, but also creating a happier and more fulfilling lifestyle. Now is the time to discover not only who you are and where your true passions lie, but also how you can finally begin achieving your real dreams and start living the kind of life you always envisioned for yourself. In addition to Justine's story, you'll find insight from nearly 100 recovered people from across the United States and beyond, as well as professional advice from nationally-recognized experts: Author and treatment professional Carolyn Costin, Therapist Keesha Broome, Advocate Doris Smeltzer, and Dietitian Barbara Truitt. What are you waiting for? Your life is waiting! Contents include: Chapter One: Set Your Table- Building the foundation for recovery Chapter Two: So You Dropped Your Fork- Defeating challenges and roadblocks Chapter Three: Please Your Palette- Rediscovering your self Chapter Four: Eat Mindfully-Improving your emotional atmosphere Chapter Five: Your Dinner Companions- Recreating relationships Chapter Six: Make Your Order: Finding harmony with your meal plan Chapter Seven: Order Something New- Facing "food fears" and tough eating situations Chapter Eight: It Won't Go to Your Hips- Building a better body (Image)



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