



Eating Without Disorder: Nutritional support for anorexia and bulimia recovery

Elizabeth MacDowell

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Eating is a fundamental part of living, and for so many of us, this building block of existence is a constant struggle. This book aims to provide a pathway for individuals in recovery from anorexia and bulimia to re-learn what to eat to nourish and heal their bodies, and how to eat to prevent relapse.

Eating Without Disorder explores the basics of nutrition by providing a roadmap for proper eating for recovery, sample meal plans, guides to supplements to support the body during recovery, an introduction to intuitive eating, and motivational techniques to help manage common disordered thoughts and behaviors.

From the mind and heart of the blogger behind For Eat's Sake, the goal of Eating Without Disorder is to help those working on recovery from an eating disorder establish healthy eating habits and reframe disordered thinking to live a happy, normal, healthy life.

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