



# Life Beyond Your Eating Disorder

*Reclaim Yourself, Regain Your Health, Recover for Good*

*There is life beyond your eating disorder  
and you deserve to enjoy every minute of it.*

## Words of Praise

“Finally, a refreshing new voice speaks out about full recovery from eating disorders! I am proud to be on the same team as Johanna Kandel. If your life has been touched by an eating disorder in anyway, you must read *Life Beyond Your Eating Disorder*.”

*-Jenni Schaefer*

Author, *Life Without Ed* and *Goodbye Ed, Hello Me*

“Johanna’s warm, conversational tone invites the reader to join her as she openly shares her inner world, and the struggle and triumph of her recovery process. Compassionate, humane, and wise, her inspirational story should not be missed. *Life Beyond* is a must read for anyone, anywhere, along the journey of recovery from an eating disorder!”

*-Wendy Oliver-Pyatt, MD, FAED, CEDS*  
Executive Director, Oliver-Pyatt Centers

“This book is an excellent navigational tool for the journey towards recovery from eating disorders. With fierce enthusiasm, numerous insights, and boundless encouragement, Joanna carries the recovery torch high, illuminating pathways so others can find a *Life Beyond Their Eating Disorder*.”

*-Anita Johnston, Ph.D*

Author, *Eating in the Light of the Moon*

Johanna S. Kandel, founder and executive director of The Alliance for Eating Disorders Awareness, struggled with her eating disorder for ten years before finally getting help. Now fully recovered, Kandel knows firsthand how difficult the healing process can be. Through her work with The Alliance – leading support groups, speaking nationwide and collaborating with professionals in the field – she’s developed a set of practical tools to address the everyday challenges of recovery.

**Life Beyond Your Eating Disorder is your ultimate guidebook for the journey back to health, filled with the hope, insight and tools you need to:**

- Stop self-sabotage and sidestep triggers
- Quiet the eating-disordered voice
- Strengthen the healthy, positive voice
- Let go of all-or-nothing thinking
- Overcome fear and embrace change
- Stay motivated and keep moving forward

Complete with inspiring true stories from others who have won their personal battles with eating disorders, this book provides the help you need to break free from your eating disorder and discover how wonderful life really can be.

**HARLEQUIN®**

\$16.95 U.S./\$19.95 CAN.

On sale September 1, 2010

*www.johannakandel.com*

® and ™ are trademarks owned and used by the trademark owner and/or its licensee.