



# One Life: Hope, Healing and Inspiration on the Path to Recovery from Eating Disorders

*Naomi Feigenbaum*

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Many people with an eating disorder also suffer from low self-esteem, depression and anxiety. Eating disorders such as Anorexia Nervosa and Bulimia are maladaptive coping mechanisms, and recovery requires the learning of new, healthy coping skills.

One Life is a positive and inspirational first person account of one girl's path to recovery. The book boldly details her eleven-week stay in a residential eating disorder clinic showing her progress from near-death on admission to a full recovery on departure. Each of the 11 chapters of the book deals with a week of her stay there, and opens with a positive coping strategy, and advice as to how and when to use it.

Encouraging readers that a setback is nothing more than a challenge to be overcome, this inspirational book will help people at all stages of recovery from an eating disorder, as well as their families, and the psychologists, psychotherapists, counsellors, social workers and other health professionals who work with them.



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