

[PDF] Healing Your Hungry Heart: Recovering From Your Eating Disorder

Joanna Poppink MFT - pdf download free book

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Description:

Review "This book offers a variety of valuable tools and practical ways for those with eating disorders to nourish both their bodies and their spirits. It also offers real solutions and hope for its readers." -**Christine Hartline, M.A.**, Founder and Director, Eating Disorder Referral and Information Center, *EDReferral.com*

"Joanna Poppink's *Healing Your Hungry Heart* answers two questions I frequently hear from troubled eaters: "How do I begin my recovery and what can I do to sustain it?" Her chapter on the warning signs of an eating disorder is especially helpful to those who aren't sure if their relationship with food is unhealthy or not. Other chapters gently guide the reader in an exploration of what is

needed to recover from deregulated eating--mindfulness, self-reflection and honesty, bona fide emotional nourishment, and daily practices for skill acquisition and moving toward true fulfillment. I would certainly recommend this book to my clients and students." -**Karen R. Koenig, LCSW, M.Ed.**, author of *The Food and Feelings Workbook* and *Nice Girls Finish Fat*

"Finally--a book that speaks beyond the stereotype of eating disorders as the 'little girl's disease,' reaching out to women who have lived with these devastating disorders for years, and offering practical, sound, and insightful advice on how to begin, and sustain, real recovery." -**Marya Hornbacher**, author of *Wasted: A Memoir of Anorexia and Bulimia*

About the Author Joanna Poppink, MFT, is a licensed psychotherapist specializing in treating adults with eating disorders. She studied psychology at UCLA and the Saybrook Institute and received her master's degree from Antioch University. She lives in Los Angeles. Visit her at: EatingDisorderRecovery.com.

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