



Making Peace with Your Plate: Eating Disorder Recovery

Robyn Cruze, Espra Andrus

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Anorexia has the highest mortality rate of any mental illness. Binge-eating disorder (BED) and bulimia can also bring misery and death. *Pushing the River*, with its unique three-phase approach to eating, smashes the illusion of control, the power, and the lies of this deadly illness, providing a concrete plan for long-term recovery from the disease of disordered eating.

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