8 Keys to Recovery

In their book, 8 Keys to Recovery From an Eating Disorder, Carolyn Costin and Gwen Grabb identify the 8 keys to recovery.

1. Motivation, patience and hope

2. Your healthy self will heal your eating disordered self

3. It's not about the food

4. Feel your feelings, challenge your thoughts

5. It is about the food

6. Changing your behaviors

7. Reach out to people rather than your eating disorder

8. Finding meaning and purpose