

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