



Quotes for Eating Disorder Recovery

Laurie Glass

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Do you need help combating the eating disorder voice? You know, the voice that tells you lies such as recovery isn't possible, you're beyond help, you must have a perfect recovery, and the like. Use these quotes to help you change those thoughts, replace lies with the truth, negative thoughts with positive thoughts. Then see what a difference it can make in your recovery. The 55 quotes (some of which are faith-based) in this e-book are from the author's other published works as well as the inspirational messages she has shared with others over the years. Use this e-book as a companion on your journey to freedom from the eating disorder.

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