

# Almost Anorexic: Do You Have an “Ed” in Your Head?

**Friday, April 18, 2014, 1:00 PM**  
**The Ranch, 6107 Pinewood Rd., Nunnely, TN**

Eat, eat, eat...but don't look like you eat. Fast food restaurants encourage us to “supersize” it while billboards tell us to look like we never eat at all. And the confusing messages don't stop there. In a society that clearly has an eating disorder, it is no surprise that disordered eating attitudes and behaviors devastate countless lives each year. While some ultimately develop anorexia nervosa, bulimia nervosa, or binge eating disorder, others live—possibly for a lifetime—on the spectrum between normal eating and a full-fledged eating disorder.

Discussing topics in her new book with Harvard Medical School, *Almost Anorexic*, Jenni Schaefer describes how intense pain and suffering exists all along the disordered eating continuum. In this interactive workshop, Jenni explains how the techniques that guided her to full recovery from anorexia nervosa can help others who struggle, including those who don't have a full-blown eating disorder.

Do you have an Ed (short for “eating disorder”) in your head? You might recognize this voice as the one telling you to eat this, not that. It is the voice insisting that you're not thin enough, and saying, plain and simply, that you aren't good enough. You might hear Ed, but you don't have to listen—not anymore. All who struggle with food and negative body image—regardless of eating disorder diagnosis or lack thereof—deserve help. This workshop will draw on group discussion, role-play, and individualized exercises to demonstrate that hope is real, and true healing is possible.

## **Workshop Timing/Schedule**

1:00PM – 2:30 PM Recovery Journey, including Music

2:30PM – 2:45PM Break

2:45PM – 4:15 PM Interactive Workshop

Group discussion, role-play, and individualized exercises as well as Q&A



**Jenni Schaefer** is an internationally known writer and speaker whose work has helped change the face of recovery from eating disorders. Appearing on shows like “Today,” “Dr. Oz,” and “Dr. Phil,” and in publications ranging from *Cosmopolitan* to *The New York Times*, Jenni is the bestselling author of *Goodbye Ed, Hello Me* and *Life Without Ed*, which has been re-released as a tenth anniversary edition as well as audiobook. Recently, she coauthored *Almost Anorexic* with Harvard Medical School. Chair of the Ambassadors Council of the National Eating Disorders Association, she is an accomplished singer/songwriter living in Austin, Texas. Jenni brings to each workshop a wealth of knowledge, experience, and compassion as well as her trademark sense of humor and her musical background.

**This workshop is open to alumni, clients, and staff of The Ranch. Contact Jessica Hirsch, Alumni Coordinator at 931-994-8026 or register online at [recoveryranch.com](http://recoveryranch.com). There is no cost to attend this event.**