

TENTH ANNIVERSARY EDITION

"If you or someone you know has an eating disorder,
this is the book to read." —**Dr. Phil**

Life Without Ed



How One Woman
Declared Independence
from Her *Eating Disorder*
and How You Can Too

JENNI SCHAEFER

BESTSELLING AUTHOR OF *GOODBYE ED, HELLO ME*

Chair of the Ambassadors Council,
National Eating Disorders Association

with THOM RUTLEDGE, LCSW

Jenni's creativity, wit, warmth, and open and honest sharing of her own journey forever set the bar high as an example of what is really possible in recovery. NEDA has strongly recommended *Life Without Ed* for the past ten years, and we believe it will have a long shelf life for many more.

—Lynn S. Grefe, *President and CEO,
National Eating Disorders Association (NEDA)*

Life Without Ed is an essential resource for any recovering person and for those who work with eating disorders. People tell me again and again how much *Life Without Ed* has mattered to them. Its practical, hands-on approach gives readers a clear idea of the specific, day-to-day actions they can take toward health.

—Marya Hornbacher, *award-winning journalist and
bestselling author of Wasted; Madness; Sane; and Waiting*

Life Without Ed's uplifting intimate inner dialogue has energized countless young women—and men—in their own recoveries from eating disorders.

—Leigh Cohn, *coeditor,
Current Findings on Males with Eating Disorders*

Of all the great books written on eating disorders, none has had a wider reach than *Life Without Ed*. Those suffering have found connection and hope; family members have found understanding and empathy; professionals have learned from it and praised it. It will remain a classic for decades to come.

—Michael E. Berrett, *PhD, cofounder, Center for Change; coauthor,
Spiritual Approaches in the Treatment of Women with Eating Disorders*

In our work with couples, *Life Without Ed* has become required reading for partners of people with eating disorders. Jenni's honest narrative is the perfect tool to help partners learn to separate out the disorder from their loved one. It builds empathy, gives hope, and helps restore relationships.

—Cynthia M. Bulik, *PhD, Director, UNC Center of Excellence
for Eating Disorders; author, Midlife Eating Disorders*

Life Without Ed stands out as a pivotal contribution to the eating disorder field. Jenni's detailed account of her own recovery, and her quest to help others on a similar journey, broke through barriers, speaking directly to sufferers and their loved ones, and continues to inspire people all over the world. Jenni and *Life Without Ed* have become legendary examples that one should never give up hope.

—Carolyn Costin, *LMFT, Executive Director, Monte Nido
and Affiliates; author, The Eating Disorder Sourcebook
and 8 Keys to Recovery from an Eating Disorder*

Life Without Ed is the first book I give to clients when they walk in the door. An intelligent, compassionate guide down the road to recovery.

—Wendy Oliver-Pyatt, MD, author, *Fed Up!*

Life Without Ed is literally a lifesaver—empowering recovery, shedding light on the darkness of these illnesses, and inspiring hope and connection to a life outside the prison of an eating disorder.

—Margo Maine, PhD, author, *The Body Myth; Father Hunger; and Body Wars*

Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs. Her candid and inspiring story will help those suffering from their own “Ed.” I feel privileged to know her and her story.

—Jamie-Lynn Sigler, actress

Life Without Ed is on my list of top recommended books! Easy to read, insightful, and full of fantastic advice.

—Susan Albers, PsyD, author, *Eating Mindfully*

Life Without Ed is the only book for sufferers that I recommended to my daughter during her illness. An engaging, practical, and positive approach to recovery . . . for people with eating disorders and for those who love them!

—Laura Collins, author, *Eating with Your Anorexic*

After reading *Life Without Ed*, I began the process of believing in myself again, fighting back against “Ed,” and, ultimately, living a recovered life. As a male who struggled with an eating disorder for several years, I can say without hesitation that *Life Without Ed* is an invaluable resource for individuals of both genders and all backgrounds.

—Adam Lamparello, author, *Ten-Mile Morning*

One decade later, this inspirational and practical book still stands out among the many in the how-I-overcame-my-eating-disorder genre. In particular, the author separates out the dysfunctional eating disorder voice (that she calls “Ed”) from Self. This simple step is the beginning of healing, which also helps to dampen a person’s profound guilt with eating behaviors and body shame. The short chapters are written with wit and compassion.

—Evelyn Tribole, MS, RD, coauthor, *Intuitive Eating*

Life Without Ed has been an important resource for the past decade for sufferers and families affected by eating disorders. It gave them a language to better understand and share their experiences about these devastating illnesses. Just as importantly, it launched Jenni as a figure of inspiration for so many by living the example that full recovery is indeed possible.

—Ovidio Bermudez, MD, Chief Medical Officer, *Eating Recovery Center*

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Resources for Males

NEDA Navigator

nationaleatingdisorders.org/neda-navigators

M.O.R.E.

mentorconnect-ed.org/mc_moremales

RonSaxen.com

TenMileMorning.com (Adam Lamparello)

TroyRones.com

VicAvon.com

Divorce Decree from Ed

In the court of recovered rocks, _____, _____
(City) (State/Province/Region)

_____, **Plaintiff**
(Your Name)

vs.
Ed, Defendant

Case ID:
UCanDolt!

This cause came on for hearing on _____ (insert date) upon the complaint of the Plaintiff, and upon consideration thereof, the Court enters judgment as hereinafter set forth.

The Court finds that the parties were married on _____ (insert date). The Court also finds that the parties are incompatible and that the Plaintiff is entitled to a divorce as demanded.

Grounds for Divorce

1. Ed is abusive, controlling, and manipulative.
2. _____
3. _____

Allocation of Parental Rights

No children have been born. Therefore, no communication is necessary between the parties. This means that full recovery is possible!

Property Division

IT IS ORDERED, ADJUDGED, AND DECREED that the parties' marital property and debt be distributed between the parties as follows:

Ed can take back his pain, misery, lies, and _____.

Plaintiff is entitled to all happiness, laughter, dreams, relationships, and love.
(Below, write recovery gifts in your life.)

Signed

Plaintiff _____ Date _____

Supporters of This Divorce

Jenni Schaefer

“Life Without Ed”

Words and music written by Jenni Schaefer and Judy Rodman

I was chasing down the image for so long
Of that perfect girl that I just had to be.
She was never quite the one I saw,
How I let that dreadful mirror torture me.

It was killing me to try to look like her,
The amazing woman who could turn each head.
I was losing so much more than all the weight.
My very heart and soul were left unfed.

I called the monster Ed.
He so controlled my head,
Until a greater power spoke the truth—it said.

CHORUS:

Life without Ed is waiting here for you.
Be strong, keep the faith and you'll see it coming true.
You don't have to just pretend,
All the pain can really end.
You deserve more than the lies you've been fed.
You can believe in life without Ed.

So I listened to the wisdom sent my way,
And I let the long awakening begin.
I have found such freedom I can truly say
That the image in the mirror is my friend.

I called the monster Ed.
He so controlled my head,
Until a greater power spoke the truth—it said.

REPEAT CHORUS

BRIDGE:

When the chains that bind your freedom are so strong,
When you think there is no way you can go on,
Cause you've tried and you've failed to break away,
Look at me and see someone who can say.

REPEAT CHORUS

If you would like to listen to this song or to learn more about Jenni's music, visit jennischaefer.com/music or check out her CD, *phoenix, Tennessee*. To learn more about Judy Rodman, Jenni's vocal coach and the co-writer of this song, visit judyrodman.com.

Jenni Schaefer



phoenix, Tennessee

Resources

The following list includes only a small sample of what is available. For further resources, visit jennischaefer.com.

Get Help—Advocacy Organizations

National Eating Disorders Association (NEDA)

myneda.org

Chat online with a trained volunteer, or call the Helpline at 1-800-931-2237. Find local resources and support.

Academy for Eating Disorders (AED)

aedweb.org

Beating Eating Disorders (Beat)

b-eat.co.uk (United Kingdom)

Binge Eating Disorder Association (BEDA)

bedaonline.com

Butterfly Foundation for Eating Disorders

thebutterflyfoundation.org.au (Australia)

Eating Disorder Hope

eatingdisorderhope.com

Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.)
feast-ed.org

FINDING*balance*
findingbalance.com

International Association of Eating Disorders Professionals Foundation (iaedp)
iaedp.com

Multi-Service Eating Disorders Association, Inc. (MEDA)
medainc.org

National Eating Disorder Information Centre (NEDIC)
nedic.ca (Canada)

National Eating Disorders Collaboration (NEDC)
nedc.com.au (Australia)

Connect with Others—Free Support

Eating Disorders Anonymous—Twelve-Step Meetings
eatingdisordersanonymous.org

MentorCONNECT—Global Mentoring Community
mentorconnect-ed.org

National Association of Anorexia Nervosa and Associated Disorders (ANAD)—Support Groups
anad.org

Something Fishy—Online Support
something-fishy.org

Help with Paying for Treatment

NEDA's Insurance Resources

myneda.org/insurance-resources

EDReferral.com—Alternative Payment Ideas

edreferral.com/research.htm

F.R.E.E.D. Foundation (For Recovery and Elimination of Eating Disorders)—Scholarships

freedfoundation.org

Kirsten Haglund Foundation—Scholarships

kirstenhaglund.org

Manna Fund—Scholarships

mannafund.org

Project HEAL (Help to Eat, Accept and Live)—Scholarships

theprojectheal.org

Learn More About Jenni's Work

JenniSchaefer.com

Listen to music, read articles and frequently asked questions, download recovery tools, and watch Jenni's speaking reel as well as other videos. Check out her calendar of events; she would love to meet you. Join her e-newsletter for inspiration in your in-box!

Jenni's Blog

jennischaefer.com/blog

Jenni's Books

jennischaefer.com/books

Almost Anorexic with Harvard Medical School

almostanorexic.com

Dream Big—Share *Your* Story

jennischaefer.com/dream-big

Ed Jewelry

sarah-kate.com

Recovered.[®] Store

recoveredstore.com

Connect with Jenni—Social Media

Facebook.com/LifeWithoutEd

Jenni does her best to respond to each and every message posted on her Timeline.

Goodreads.com/JenniSchaefer

Join a community of people who love books.

Google.com/+JenniSchaefer

Jenni makes an effort to respond personally to each message posted on her page.

LinkedIn.com/in/JenniSchaefer

Learn more about Jenni's work on this network for professionals.

Pinterest.com/JenniSchaeferTX

Check out videos, music, articles, and more.

Twitter.com/JenniSchaefer

Stay connected with information about recovery and fulfilled living.

Acknowledgments

I WANT TO THANK everyone who helped me walk the most difficult road of my life and then stood by my side as I wrote a book about it.

This book is dedicated to my mom and dad. Thank you for your unconditional love and support throughout my life. I am so lucky to have you as parents.

I express my deep gratitude to my older brother, Steve Schaefer, and his wife, Destiny. You are always there for me when I need you. To my little brother, Jeffery Schaefer, thank you for your humor, ever-present encouragement, and uplifting perspective on life.

This book would not exist without three people. Thank you to Thom Rutledge for making recovery such a fun journey, for encouraging me to write a book and giving me guidance all along the way, and for your important contributions to *Life Without Ed*. I greatly appreciate my agent, Adam Chromy, and his enthusiasm for my project and belief in me. To my editor, Michele Matrisciani, thank you for your expert assistance and for seeing something special in my book from the very beginning.

Thank you to all of the health care professionals who helped me along the road to recovery: Dr. A. Lee Tucker, Dr. Ovidio Bermudez, Dr. Brian Swenson, and “Susan” (Reba Sloan and Carol Beck).

I would never have been able to divorce Ed without Judy Rodman and Emily Lowe. Judy, thanks for being there for me with love, truth, and wisdom no matter where I am. And Emily, I will never forget how you stood by my side and always encouraged me to do the next right thing for my recovery.

Thank you to all of my friends and family back home in Texas. Even though you could not physically be with me as I fought Ed, you were always just a phone call away and helped me through many challenging times.

And to the amazing women in the Monday night Parkwest eating disorder therapy group, so much of this book was inspired by you. Keep taking recovery one day at a time and find the freedom that you deserve in a life without Ed.

Update for the Tenth Anniversary Edition

Life Without Ed was “the little engine that could,” or so I have been told by several who work in book publishing. Not originally envisioned as a bestseller, but with grassroots support from devoted readers over the years, this little train finally made it to the top of the hill. And by that, I mean that *Life Without Ed* found its way into people’s hearts. An author couldn’t ask for more. This never would have happened without the incredible outpouring of encouragement and love that I have received from people in the eating disorders field. From professionals who specialize in eating disorders to those who work in advocacy and education to individuals touched personally by the illness, thanks for believing in me—from the very beginning.

This anniversary edition certainly would not exist without Kathryn Keil, my amazing editor at McGraw-Hill. Thanks, Kathy, for being so enthusiastic about all of my ideas even when they sometimes changed moment to moment! And Ann Pryor, you—I am grateful—were there when *Life Without Ed* first got pushed out onto those railroad tracks. To others at McGraw-Hill, especially Christopher Brown, Stacey Ashton, Susan Moore, and Laura Yieh, I appreciate both your expertise and wholehearted support. Thanks also to Linda Loewenthal at David Black Agency for your great wisdom and belief in my work.

Special words of appreciation go out to my friend and clinical psychologist Michael E. Berrett for providing just the insight that I needed to get in touch with my heart about the writing process for this edition. And to another friend and clinical psychologist, Jennifer J. Thomas, your feedback has been invaluable. Additional thanks to Eric Fluhr, Meg Burton, Jessica Meltzer, Susie Hair, Wynde Pustejovsky, and Amy Pettengill, who all shared their unique perspectives, excitement, and love. To Adam Lamparello, Vic Avon, Troy Roness, and Michael Elmer: you guys are simply the best. I appreciate your sharing your stories with me—not to mention, the world.

Many thanks to Dr. Phil McGraw, Anthony Haskins, Justin Arluck, and the rest of the “Dr. Phil” staff, who have supported my books as well as pointed millions of people in the direction of help and recovery.

And to Lynn Grefe and all of the staff at the National Eating Disorders Association (NEDA), it is you who people reach out to when they decide to get help. Thanks for answering all of the calls and for standing behind what I do. To Susie Roman, Maggi Flaherty, and Ellen Domingos, it has been an honor to participate in your wonderful programs over the years.

I also want to acknowledge everyone who has ever invited me to speak at an event. Because of you, I have been able to connect face-to-face with people who have read my books, which has deeply enriched both my personal and professional life.

You, the reader, are why I am able to do what I do. Thanks is not enough.

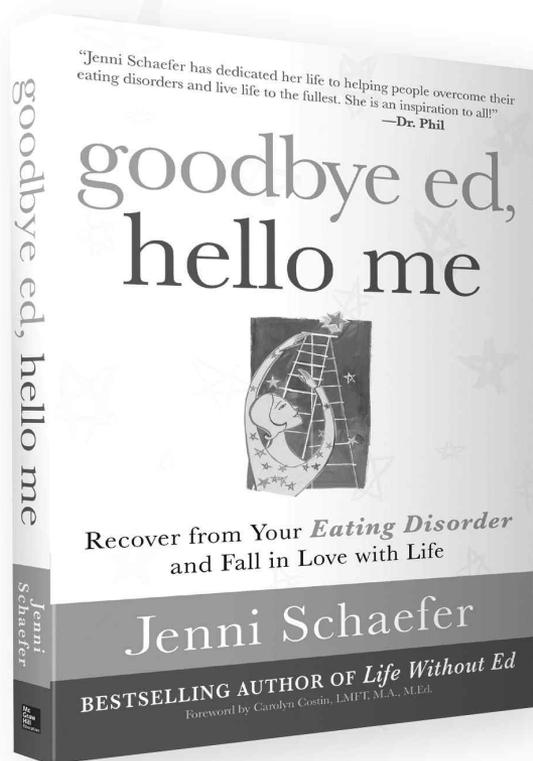
Everyone listed here is part of the engine that pulled *Life Without Ed* up that hill. I would have included more names, but the truth is that I had a limited amount of room in the book for the acknowledgements. So my words here may not be perfect, but you taught me that being perfect doesn't matter. Thanks for that, too.

About the Authors

JENNI SCHAEFER is a singer/songwriter and author living in Austin, Texas. Her books include *Goodbye Ed, Hello Me* and *Almost Anorexic*. For more information about Jenni, her music, and her availability as a speaker/performer, visit her website: jennischaefer.com.

THOM RUTLEDGE is a psychotherapist and author of several books, including *Embracing Fear: How to Turn What Scares Us into Our Greatest Gift*. For more information, visit his website: thomrutledge.com.

Learn to fully recover from—and not just live with—an eating disorder



“Jenni Schaefer has dedicated her life to helping people overcome their eating disorders and live life to the fullest. She is an inspiration to all!”

—Dr. Phil



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