



## Healing Your Hungry Heart: Recovering from Your Eating Disorder

By Joanna Poppink MFT



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10 million people in the U.S., including 1 in 5 women, suffer from eating disorders. While this issue has long been associated with teenage girls, doctors are now reporting that a growing number of women are also developing these disorders later in life or have hidden these problems for years. For women in their thirties, forties, fifties, and beyond, issues of loss from divorce, death, and empty nest syndrome as well as marriage and career pressures can trigger an eating disorder.

Psychotherapist Joanna Poppink offers a comprehensive and effective recovery program for women with eating disorders, based on her thirty-year professional practice treating adults with anorexia, bulimia, and binge eating. She shares her personal struggles with bulimia, along with stories from a wide-range of clients she has counseled. Poppink primarily addresses women who have been suffering with eating disorders for years while they manage their careers, marriages, and families.

**Healing Your Hungry Heart** offers a step-by-step program that identifies:

- Early warning signs
- Challenges to early recovery
- Triggers to emotional eating
- Impact on sex life and family relationships

The program includes journaling, meditations, exercises, quizzes, and resources to support and speed the recovery process. For women struggling with emotional eating, this book offers hope, understanding, and real solutions.

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## **Healing Your Hungry Heart: Recovering from Your Eating Disorder** By Joanna Poppink MFT **Bibliography**

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### Editorial Review

#### Review

"This book offers a variety of valuable tools and practical ways for those with eating disorders to nourish both their bodies and their spirits. It also offers real solutions and hope for its readers." -**Christine Hartline, M.A.**, Founder and Director, Eating Disorder Referral and Information Center, *EDReferral.com*

"Joanna Poppink's *Healing Your Hungry Heart* answers two questions I frequently hear from troubled eaters: "How do I begin my recovery and what can I do to sustain it?" Her chapter on the warning signs of an eating disorder is especially helpful to those who aren't sure if their relationship with food is unhealthy or not. Other chapters gently guide the reader in an exploration of what is needed to recover from deregulated eating--mindfulness, self-reflection and honesty, bona fide emotional nourishment, and daily practices for skill acquisition and moving toward true fulfillment. I would certainly recommend this book to my clients and students." -**Karen R. Koenig, LCSW, M.Ed.**, author of *The Food and Feelings Workbook* and *Nice Girls Finish Fat*

"Finally--a book that speaks beyond the stereotype of eating disorders as the 'little girl's disease,' reaching out to women who have lived with these devastating disorders for years, and offering practical, sound, and insightful advice on how to begin, and sustain, real recovery." -**Marya Hornbacher**, author of *Wasted: A Memoir of Anorexia and Bulimia*

#### About the Author

Joanna Poppink, MFT, is a licensed psychotherapist specializing in treating adults with eating disorders. She studied psychology at UCLA and the Saybrook Institute and received her master's degree from Antioch University. She lives in Los Angeles. Visit her at: [EatingDisorderRecovery.com](http://EatingDisorderRecovery.com).

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### **Maria McGhee:**

This Healing Your Hungry Heart: Recovering from Your Eating Disorder is new way for you who has interest to look for some information mainly because it relief your hunger associated with. Getting deeper you upon it getting knowledge more you know or you who still having tiny amount of digest in reading this Healing Your Hungry Heart: Recovering from Your Eating Disorder can be the light food for you because the information inside this specific book is easy to get by means of anyone. These books develop itself in the form that is reachable by anyone, yep I mean in the e-book application form. People who think that in publication form make them feel drowsy even dizzy this e-book is the answer. So there is no in reading a e-book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss it! Just read this e-book variety for your better life in addition to knowledge.

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