



Jessica Kingsley
Publishers

JESSICA KINGSLEY PUBLISHERS

TITLE INFORMATION



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Publishers

Publication date **21 February 2018**
Price **£12.99**
ISBN-13 **9781785924644**

Binding **Paperback**
Size **140mm x 216mm**
Extent **160 pages**
Word Count **34000 words**
Territorial Rights **World**

Author living in **Pershore, Worcestershire (UK)**

How to Kiss Goodbye to Ana (Anorexia)

Kim Marshall

Keynote

A personal and professional account of how Emotional Freedom Techniques can aid in recovery from anorexia

Description

Do you struggle with anorexia or have a difficult relationship with food and body image? Emotional Freedom Techniques (EFT) have the potential to transform your life and put you on the path to recovery. Here, honest diary extracts relay Kim Marshall's own struggles with anorexia and bulimia, including time spent in a residential treatment centre, and how she discovered EFT and learned to quiet the negative voices that were blocking her recovery.

Now fully-recovered and a certified EFT practitioner, Kim explains how to use the approach as a self-help tool. Including questionnaires, worksheets and easy-to-follow EFT scripts, she explains how to use EFT to overcome denial and fears about recovery from anorexia. This candid account of recovery from eating disorders shows how it is possible to deal with underlying emotional issues and achieve a more positive mindset.

Sales Points

- First book to explain how Emotional Freedom Techniques (EFT) can help in recovery from anorexia.
- Author has a dual perspective as somebody who has recovered from eating disorders and as a professional working with others in their recovery.
- An estimated 1.6 million people suffer from diagnosed or undiagnosed eating disorders in the UK alone.

Market

People struggling with anorexia, their families, support workers, counsellors, carers, and EFT practitioners.



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Author Biography

Kim Marshall has personal experience of anorexia and bulimia and used EFT in her own recovery. She is an AAMET-Certified EFT practitioner and founder of Kiss Goodbye to Ana, helping people to recover from anorexia.

Contents

Part One: My Story. 1. How it All Started. 2. Before Residential. 3. Residential Month One. 4. Residential Month Two. 5. Residential Month Three. 6. Residential Month Four. Part Two: What Helped Me. 7. Mindfulness-Based Cognitive Therapy. 8. EFT (Emotional Freedom Techniques). Part Three: Helping You Kiss Goodbye to Ana. 9. How Others Can Help. 10. How I Can Help. 11. Daily Reminders. 12. Take the First Step. 13. Further Resources. Acknowledgements.

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