



# Healing Your Hungry Heart: Recovering from Your Eating Disorder

*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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